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ELIZABETH

DETHRONED

AND

DOMINION OVER THE ANIMAL KINGDOM



SECOND EDITION

REVISED



FLORA PARRIS HOWARD



LOS ANGELES, CALIFORNIA

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IDOLS DETHRONED

— AND —

Dominion Over the Animal Kingdom

— BY —

FLORA PARRIS HOWARD.

SECOND EDITION

REVISED.

LOS ANGELES, CALIFORNIA.

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Los Angeles, California.

“Thou shalt have no other Gods before me.

“Thou shalt not make thee any graven image, or any likeness of *any thing* that *is* in heaven above, or that *is* in the earth beneath, or that *is* in the waters under the earth;

“Thou shalt not bow down thyself to them, nor serve them.”

PREFACE.

" Beware when the great God lets loose a thinker on this
" planet. Then all things are at a risk. It is as when a con-
" flagration has broken out in a great city, and no man knows
" what is safe and where it will end. * * *

" * Valor consists in the power of self-recovery, so that
a man cannot have his flank turned, cannot be out-generalized,
" but put him where you will, he stands. This can only be
" by preferring truth to his past apprehension of truth, and
" his alert acceptance of it from whatever quarter."—Emerson.

In writing this book as I have been led to do, I have tried to make it practical in everyday life, and have given experiences solely for the benefit of the readers to help them in their ongoing. Truth cannot be placed so high but everyone can reach it ; for man has no rival. The heights that he wants to attain are only measured by his acts. Works (fruits), not words, alone tell. Should I make it so plain " that he who runs may read," and start the reader on the journey that he must take when he sees it for himself, I am satisfied.

I know full well that the soul speaks in the lines and between the lines to some ; to others, nothing is found. That which one speaks from his soul life as he sees it, to some must sound vain and hollow—empty indeed. They do not dwell on the same plane of thought. I speak only

as I see, as I have proved it. May the same power that guided my pen to write, guide the reader into the knowledge of his own divinity. If it does, my work is truly blessed. A practical application of these pages is the only way to prove my words true—by placing yourself within the flowing stream of wisdom, love and truth, where it can permeate every part of your being, will bring you peace and you will find yourself. Then you will know your own worth. In writing this book I presume to sit in judgment on no one; only to state the truth as I see it from my own standpoint, striving to be an independent thinker, the truth alone must be perceived.

FLORA P. HOWARD.

CONTENTS.

Chapter.	Page.
1. Idols	9
2. Dominion Over the Animal Kingdom.....	15
3. Stepping Stones.....	22
4. Life As We Make It	27
5. Health:.....	32
6. The Power of the Silent Word.....	38
7. Self Training.....	42
8. Faith.....	46
9. Persistency.....	50
10. Demanding	55
11. Self Reliance.....	59
12. Judge Not According to Appearances	63
13. Desire.	67
14. Will Power.....	71
15. Charity	76
16. Freedom	82
17. Riches vs. Poverty.....	87
18. Anxiety and Worriment.....	92
19. "All Is Free" and "All Is Good".....	96
20. Rest.....	102
21. Love Is the Fulfilling of the Law.....	107
22. The Sex Question	112

Idols Dethroned.

CHAPTER I.

IDOLS.

"My mind to me, a kingdom is."

Any one who has investigated thought, and is now living by the power of the spoken word, must see that all idols of our own making, and all those we have inherited for ages, must be dethroned one by one. The law of heredity, which holds man in its grasp, can be overcome by the word of truth. All things are our subjects, and must be ruled by the I Am. The God part of our being must sit enthroned. Selfishness, anger, malice, lust, temper, hatred, unforgiveness and a host of others must be dethroned and deprived of their power. These subjects have sat on our throne too long, and have ruled us with a rod of iron. Now we must rule and be the Kings and Queens of our own domain, which is our rightful heritage. Now, how are we going to rule our kingdom, which we have let run riot by being turned over to the enemy so many long years? Let us see, for it is so much easier to talk than to do. Now it is time to do more and talk less. Do not spill your words all over the country, for everyone knows there are counter-currents that will often snare us unless we are watchful.

Truly silence is golden! All things grow in silence, from the largest oak to the tiniest flower—a lesson for all.

The action of the soul is stillness. Real action is silence, though the body may be at work. Get still inside.

"Our enemies are those of our own household." Then we are acquainted with them, know them better than anyone else does. Then begin at home to work.

Let us take anger. It is a good subject, but a terrible master. Now the I Am is King, and we will say to it, You are a great power when not perverted; therefore you must be turned into the right channel. I will hold you in obedience to my true loyal selfhood, the Christ,—even the winds and waves obey my voice. You are all peace and harmony, and nothing can move my peace. You must bring peace to my household and help me rule.

Patience is another powerful ally when held by the strong reins of will. I will be patience, I will be peace. I will be harmony. I am all these now, for I am patient, loving and kind, and the mental power we set in motion will work for us, instead of against us. If we have been overcome or tempted today, we will not be tomorrow.

We will live higher by having higher ideals, and let it be a higher ideal every day, up and up. Get into the secret place of the Most High within your own soul, and let the truth sink deep into the spiritual part of your nature, if you would derive spiritual gifts and receive that light that lighteth every one that accepts it. For this truth cannot be got theoretically or intellectually, and is the only Good Samaritan that will take us to the Inn of Perfect Understanding, where we must abide till we are healed of all error. All the rest will pass by on the other side.

Impatience must be dethroned, and patience must take its place. We have spent our forces in riotous living, and

it has brought sickness and death to our household. And here you must use your will power, which is the power of God. I will have health; then I have health this moment while I am speaking; I will it. For the same power that helps you to demonstrate in one line will help you in all lines. This proves it a science.

There is no failure in the science of life, but we must fulfill all conditions. We will not get the perfect light in fulfilling one or two, but will reap what we sow; and if we sow seeds of discord we will find them fruited later on.

"The thorns that I have reaped are of the tree I planted. They have torn me, and I bleed. I should have known what fruit would spring from such a seed."

The picture of the artist is in mind ere it is placed on canvas. Let your picture in mind be health, be patience, be love, be opulence. Think them, say them, act them. The three agree in one.

Say it is mine now because of my divine birthright.—I will learn the law of life. All thoughts are registered on the body. Think right if you would be free. Every day climb higher, grow. Your highest thought to-day is lost in the vast realm of truth that lies beyond you. You are being renewed from within, and the renewing of your life is growing deeper and stronger. Upward we climb in the mental.

The mountain top must be reached, no matter how many times we fall in reaching it. The fall is not counted. It does not register. The picking up and going on counts in this life. Speak the word, for all things are yours. "For ye have need of patience, that after ye have done the will of God ye might receive the promise."

No one ever got angry without what he considered a

just cause. He thinks he was justified in doing what he did do. "Anyone would have got mad about it. He would have been a fool if he had not." Now this is just as he sees it, not as the truth is. Sometimes it is wise to be called foolish and keep silent.

Christ put anger and murder as one, just as He put sin and sickness one when he said to the paralytic, "Son, thy sins be forgiven thee." If he had not been a sinner he would not have been a paralytic. "He that is angry with his brother is in danger of hell-fire." What is hell-fire? Burning in hell after you die? Not a bit of it. Hell-fire means to some of you rheumatism, your bodies doubled up and drawn out of shape with pain and suffering. "The temple of the living God, which temple ye are," deformed by your own impure thoughts.

To another it will take the form of a cancer, and eat out his vitals. To another, consumption; and so on indefinitely; and it is truly hell-fire till you get free.

Angry thoughts are sure enough deadly. The worst case of gripple I ever witnessed was caused by getting "real mad." She came near passing out of the body, and would have done so but for the speaking of truth. When she got able to speak she said, "I don't see the meaning of this. I never took a bit of cold, and I believe in this truth, too."

I said to her, "You have been terribly angry with some one. It is no cold, and your believing in this truth will not help you. It is living this truth that helps."

She admitted it, and told the circumstance.

Another had lost her voice and had not spoken aloud for a year and a half. What was the matter? Nothing but temper. I treated her for forgiveness and love.

The time is not far distant when we will be positively

ashamed to be sick for we shall know that other people read our thoughts. It is said our thoughts are not hidden from God, and neither are they hidden from any one who knows and lives this truth. Your thoughts can be read when you are seen.

Thoughts affect us differently because we are infinite expressions. We have face and form alike, but we are not alike.

One says, "If it were not for fear I could get along so nicely." That is his devil. Another says, "If I could stop the worry and anxiety that bother me so!" Another says, "It is just my quick temper. If I could only get over that!" And so on.

These are all devils, that everyone has to contend with, and you will find that you have more than the Christ cast out in the Magdalene. Your secret thoughts, the thoughts and intents of the heart are very black sometimes ; and a raven returns to you in the form of a disease of some kind. These devils or evils are within. Clean out the inside if you expect to be clean on the outside. If you want the good to reign within you, make a place for it. These unruly subjects must be put out, dethroned, and the right ruler take the place and rule. When there is "no room in the inn " for these things, or for sickness, no disease can touch you.

" Let there be light." I deny that anger has any power over me. I am the ruler. Just repeat this verse when you feel anger :

It doesn't pay to do much talking when you're mad enough to choke,
Because the word that stings the deepest is the one that's never spoke!
Let the other fellow wrangle till the storm has blown away;
Then he'll do a heap of thinking 'bout the things you didn't say."

I tell you, you will conquer, and the “Father that seeth (ruleth) in secret shall reward thee openly.”

This all must be done in secret, in the silence of your own soul. Take all these subjects that have ruled so long, tell them they are good, peaceful, loving and true. Tell lust it cannot master you, now that you know yourself. This is also perverted power, but when turned upward it too becomes a mighty force for the uplifting of yourself. Let all these subjects be taught wisdom, and man stands to-day a mighty monarch instead of a slave to them.

Truth is a separator, and if you have once started to find it, all things that have been your idols, all falsity will drop away. The truth becomes a disciplinarian and you see yourself and the world in a new light, the light of truth.

Separation will go on till you are freed from your old self. Your new life becomes a self-examination unfolding of your *real* self. You become individualized.

CHAPTER II.

DOMINION OVER THE ANIMAL KINGDOM.

"Let us make man in our image after our likeness! And let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth."

True dominion means wisdom. It means understanding, yea, it means power over all within and all things without. First, within,—here lies the whole secret. Man is the maker and ruler over his own kingdom, his own world, his own body. If he rules intelligently, he is monarch of all. If, on the contrary, he rules ignorantly, he becomes a slave to all.

Now it behooves us as seekers after wisdom, truth, to find what truth is and prove it by living it, (the only way to prove anything in this life.) If you have but one talent to use, use it; it will grow after its kind, and using brings power, brings dominion here and now.

Be careful of your thought, what kind it is, for if it is the right kind it means growth of the soul, the highest power of man. If, the wrong kind, it means degeneration of the soul and body both.

True thinking causes soul growth. The change of thought does not take place in a moment; for we weigh and measure and reason within ourselves. Are these things so? Is this the truth? What is the truth? And I tell you we have taken a step in advance when we halt and ask it, too.

The truth shall make you free. Listen, are you free? If not, then you are in bondage. Freedom and bondage are opposites. So are intelligence and ignorance. One does not know the other. Intelligence has no thought of ignorance. Freedom takes no thought of bondage. Every one is after truth, freedom, satisfaction, whether he knows it or not. He may be working in an absurd way, nevertheless he is searching for truth. There is a way easier than to go over all the roads which cause you sorrow and misery, till you get to the right one. Take the right one at first. Start with the cause and the effect will be different. The cause is your thought. Are you not tired of your old thought? Don't you want to get out of the old beaten track? Have you not had the fruit of your own thought in all its stages of growth, sickness, sorrow, disappointment, all of these and much more, till you have declared life a farce, not worth living? Here you made your mistake. Life is worth living and living well. Change your thought. It is simple enough, and you will have the fruit from the tree of intelligence, understanding,—wisdom.

You, yourself, are your own law-maker and law-breaker. So instead of holding thoughts of sickness, poverty, discouragement that bring all these to you—for you know each thing creates its kind—hold thoughts of plenty, health, success, and attract all these to you by the law of attraction. You need not blame your grandparents, that you inherited anything, you did not inherit anything only in so far as your thought goes.

Change your thought and work out your own salvation. Don't follow the fashion and "catch cold." Catch health. It is just as easy. Don't catch poverty. Catch riches. Practice till you can "catch" what you want.

Practice catching all your good, just the same as you would practice music, law or anything in which you want to excel.

Perfection is the standard. Set the standard there, and never lower it. We need more health teachers, minus doctors ; more teachers of mastery, and less of submission to circumstances. Make your own environment. You can if you will. *I Can* and *I Will* have freed us. *I Can't* has bound us. The former has removed mountains, the latter has made them. We are slaves, when we should be crowned heads, not of Europe, but of ourselves. Our dominion is over ourselves. The moment we have that, we have the mastery over all things.

Man has dominion over the animal kingdom, whatever or wherever they may be, or he may be. Do we, divine beings, have to submit to insects of any kind in our homes, crawling over our bodies, ruining our fruits, annoying us in every way? Not so, they will obey us when we speak in love. They are intelligent and respond to the silent spoken word to go. We have no right to destroy a life we cannot give because it annoys us. Master them instead of letting them master you.

The writer of this article has proved it many, many times. It is for every one to prove.

Not only animals have intelligence. Everything on the planet has it—trees, flowers, stones, everything has it to a greater or less degree, and will respond to your thought, whether good or bad. You have the naming of all things, and they are to you as you name them. Speak intelligently and speak good to everything.

Again, all things will respond to your thought, be it fire in the stove, or a machine of any kind. Tell the fire to burn up quickly. It will do it. Tell your machine it is

good and useful and does its work well, and it will do it. Tell your food it is good and will not hurt you, that it nourishes and strengthens you. It will.

Praise and bless all things. Good will come back to you, the same thought you sent out. Do not name this good, and that bad for you. Eat everything and do everything in a spirit of thankfulness. It will be unto you as you say.

All insects will go from your body, your house and your farm, if you bid them go and do it in love. All law must be fulfilled, and love is the fulfillment. If you hate them they will hate back, and sting or bite you if they can. Love them; do not want to kill them, and they will let you alone. By loving them I do not mean you need to have pests on your bodies, in your homes or on your farms. They will go to their own homes. Say to them, " You have no right on my body, or in my home; no right to destroy my fruit. God gave you homes. You are not my bidden guests. I will have nothing about me I do not want. Go to your homes in the name of Christ (truth.) I Am has spoken. I have dominion. God gave me dominion over all things, and I will be obeyed. I will not be annoyed by any insect. It shall not destroy anything of mine. Go in peace. I love you because the life of you is the life of God, but you cannot annoy me, or eat my fruit."

Demand at once to be relieved from these annoyances. Every animal on your farm will respond to a true thought. Speak in love, and the meanest thing on earth that has been the most disagreeable to you, and that you have hated, will respond to it.

Having been asked several times to put insects from houses, I have found that the spoken word has never

failed to do it. I have been asked to put worms from berries that were ready for market on Saturday night. On Sunday morning there was not a worm to be found on the berries or in the field.

Use the power that belongs to you in speaking the word. It is within you and for you. It does not stop at healing the body, but makes you free indeed from all troubles. When we speak we want our words to fruit. One experience, one proof of your power is more and does more good than all of your fine-spun theories. A practical demonstration is what each one needs—not that it can be done, but that it is done. You may speak once or many times before you are freed from the power that the whole insect world has had over you; also the power of poverty and sickness. Speak on, and hold on, till you get it.

I made up my mind if I ever wrote an article or book, to make a practical application of the power that is mine here and now. I have aimed to do so, and if I have awakened any one who reads these lines into the knowledge of what he or she possesses, God be praised.

Every question you ask outwardly must be answered inwardly at last. So you will in time answer your own questions from within; for your teacher is there, and only those who are hungry and thirsty after truth will be filled. The rest do not want it. "They are joined to their idols; let them alone." Many of us are, and do not know it.

We are dethroning ours and finding the true ruler.

Speak to your land, that it shall bring forth abundantly; and that your crops shall increase; that no plague shall come nigh you.

Stand forth as gods, not as weaklings, if you would have the mastery. All power is given to you if you will

accept it and use it. If you do not, who is to blame but yourself? The world has gone about to the end of the line in the old way of thinking. It has been led into so many by-paths that have only proved a failure, that today no one will believe anything he cannot prove. And this is the way to find out the truth for yourself. Silently demand at once the light of understanding, and do not admit a wrong thought. True thoughts are mental medicine to soul and body. They give vigor and power to every organ.

Right thinking is a creative force, more potent because it is invisible. Elmer Gates has proven that he can tell what one's thoughts are by their perspiration. Is it not high time to watch our thought? Persistency in seeking after truth, working the law, will bring to you the power you little dreamed you possessed, and that all the power that you can draw to you, or use, is yours. Only be patient with yourself as you are stepping over into the new line of thought and making new paths for your feet. Be earnest and be practical, for if we cannot use this truth practically for everything, we do not want it at all, for it is not a science.

Now, prove this, and see if it will not help you pay your debts, and turn poverty and disease into a myth.

Self-knowledge, self-development, is what we want, and brings unlimited possibilities of self-culture true concentration, true dominion over the within and the without. Truth has a scientific basis.

A woman who had sprained her ankle and broken the ligaments rose to her feet, saying, "God, I have dominion now, right now." She walked through a long hall in a hotel, up a long flight of stairs. All know that going up stairs and bearing full weight on such a foot would be

an impossibility unless the idol, accident, was first dethroned. She got to her room where she could be alone. She stretched out her arms, saying, "Now my foot is perfect; now my ankle is healed." She never was laid up one hour with that ankle. No bandage or anything else was applied, though previous to her knowing the truth she had worn a bandage on that same ankle for thirteen months.

There is a vast difference between dominion and *true* dominion, the former you rule by sheer force of will, by might, by power, by strength; the latter you rule by *love* alone, that does not know they are being ruled, but led. The former you step down from your true standing and are on the same level with the ones you rule, only brute force. In the latter you step up on to a higher platform and bring them up with you, conquering by love. Love worketh no ill to his neighbor, neither to an animal, and we will treat everyone, and everything, as we would like to be treated. This is true dominion and he that ruleth any other way is no ruler. He that says, "I'll make him do it," would do well to find the true ruler of his own universe—find himself—then he would be willing to give the same freedom to another he had claimed for himself. Dethrone this brute power and enthrone divine love.

CHAPTER III.

STEPPING STONES.

"I held it truth, with him who sings
To one clear harp in divers tones,
That men may rise on stepping-stones
Of their dead selves to higher things."

—Tennyson.

There are many stepping stones in truth toward the light of perfect understanding, not only of God, but of ourselves ; for when we understand one, we do the other. Man has slipped and missed his footing, and gone down on these stones and lost himself in the stream of error. Every time he has picked himself up, he has made firmer footing for his feet.

Man's steps from the Adam consciousness to the Christ consciousness have been many and varied. He has made many by-paths, but he must return to the paths of wisdom ere the light bursts upon his darkened mind. When he once understands truth, he will find that there is no mysticism in God or in life ; that there are no miracles —there never were, never could be—just simply natural laws, worked according to the understanding of the worker. Law could not change for anyone. Law is law. Our working of that law may be as varied as the workers, and this is the reason we do not get results. The sun does not stop shining because some one prays that it will stop. It may stop shining in his consciousness, or he may go into a dark place and not see it. But still the sun shines on.

Intelligence has the ascendancy today, and it shows ignorance in any one to deride any thought that may be

brought forth in this advanced age. Ignorance of the law excuses no one. All can learn.

If one learns the laws of life and profits by it, and you do not, blame no one but yourself, who, "having eyes, see ye not, and ears, hear ye not." We gain just in proportion to our work. If one tries to learn anything in a half-hearted way, he gets the full benefit of his half-heartedness ; but if another goes to work with the determination of winning, he wins, for all of the forces within, combined with the forces without, are in his favor.

Go to work in dead earnest not to be beaten by any obstacles in life. Put them out. There are no limitations unless we make them. No man can limit us. Do not limit yourself. We have thought limitations for ages. Is it a wonder that we are hampered on all sides? Then dissolve them by the power of intelligence. You formed them in ignorance. Prove the law.

We get the result of what we work for, and how good we feel when we have done a kind act and helped some one to their feet. Surely, "I come quickly, and my reward is with me"

We get in proportion as we give. Give forth ; tell what you know to some one else who does not know it. "Sow beside all waters." You have nothing to do with the fruitage. All we are commanded to do is to sow. And indeed we need no command, for we love to do so.

We have an endless storehouse of knowledge. It is richer than all the mines of Alaska. Why? Because it contains everything we want, and you can never find a mine outside of yourself that does. Dig deep.

Where "much is given, much is required," and with what vigor you work, will it manifest itself to your

power of unfoldment. You cannot be put down unless you put yourself down. No one can stop your thinking, be it right or wrong; and you gather your own fruit, too, whatever kind it is.

Deal with yourself and be honest. Pope says "An honest man's, the noblest work of God." If you are honest with yourself, you will be with everyone you meet. I do not mean honest in the mere matter of money, but honest and truthful in thought, wanting to get at the truth, and what you can accomplish by knowing and living it; not alone what you can gain, but what you can give. You get in your life what you reach for in thought. If a little satisfies you, you get your little. If nothing will satisfy you but the greatest, you will get the greatest.

Life is no idle fancy, but health in its fulness—every organ alive and working for your good. You are working in an invisible realm, with the dynamo force of your mental powers. You are the judge. Do not cast yourself into prison. It is harder work to get out than it is to keep out. The result of a diseased thought is disease and death; the result of a health thought is health in its completeness. Who does not want to be a live man, a live woman, these days, in this age? Let us open our understanding and see things clearly. Not have them staring us in the face unseen. The growth of our lives is our own individual work, and when analyzed for yourself do you want another to do it for you? Work out your own salvation, not with fear and trembling, but with a positive knowledge of the God-given powers within you, let each find his own, and control those powers. Use them with an upward thought; not that I am sick, but I Am health; not that I am poor, but that I Am rich; not that I am governed, but that I Am ruler. The real I Am

is the one that says I Am Master and will bring all thoughts under subjection to the rightful ruler of my kingdom. No one can work the works of Christ in a-half-done way. It must be the working of a strong, powerful, earnest mind, who realizes, *I am sent; I must render my account.* Let it be "Well done, thou good and faithful servant. Thou hast been faithful over a few things ; I will make thee a ruler over many." Your God within speaks. Hear ye Him. There are stepping stones to us in our daily lives, all along our pathway. Perhaps you have put your foot on a stone that looked beautiful and you thought it was as solid as a rock, but it went out from under you. It was in the form of friends you knew, they were faithful and true, and you trusted them as you did your own soul, but they slipped out from under you ; but it does not matter so you do not slip or fall from your high estate, or lower your standard, because friends have failed you. Let me tell you, they will fail you every time till you rely wholly on yourself.

Your true friends are where your enemies are, within ; and the only ones you will find. Be true to yourself, and everything false will fall away. You need not even do as Paul did—"put them away." They will go of themselves. I would not look for enemies, neither would I look for friends. If you have any, they will gravitate to you ; for your own comes to you wherever you are.

True friendship is deep and rare. You may probe or sound it, you will never touch bottom. The depths have not been reached.

Emerson says (truthfully, too,) "I do with my friends as I do with my books. I would have them where I can find them, but I seldom use them." Don't use them, not even seldom. What you cannot do for yourself, and what

God cannot do for you, no one else can; and if you have said God is all the power there is, stick to it, and do not when trouble comes turn around and ask help from some one else. You go back on your own words. Be true to yourself, is where your true friend comes in. If the "condition which high friendship demands is ability to do without it," see how much ability you have got. Now is a good time to measure yourself and see where you stand —on the feet of someone else or on your own.

You are to make your ability, your capacity; and when everybody and everything has slipped from under you, just take this truth, and profit by it: "We must not be surprised if many friends and things we have held dear become estranged from us when our vibrations have been keyed to a higher thought. It could scarcely be otherwise." It means growth is pronounced. True growth of the soul is the foundation of a true life, you are building a true character, that tells. You are building better than you know.

CHAPTER IV.

LIFE AS WE MAKE IT.

"Be not deceived; God is not mocked; for whatsoever a man soweth, that shall he also reap."

Before the light of truth (Christ) has risen within our souls we sin ignorantly in thought: word and act follow. But after the light has come we have no excuse (cloak) for it. If we understood what life is and how much it means to each—that we do not measure it by just what we gain but by what we *give* to humanity to help them in their ongoing.

Life means a constant service to the world and to make it better by our living, and it is calling to-day for great souls, for noble men and women who do not want to force their convictions on anyone; desiring simply to lead them to the truth, not caring what they may afterwards denominate themselves; knowing that truth rests not in creeds, rituals or names, but in the broad, tender, all-embracing spirit of love; looking on the whole divine race as one sacred brotherhood, of which no single one can claim superiority over another.

Life then becomes a success, and success is yourself transmuted into what you seek for and gain. Be strong men and women, no weaklings, but giants in the cause of truth. The great ocean of life is before you; get away from the shore, strike out beyond the breakers into the great deep of your souls. *Live there*, it is calm and peaceful. Then you will not be moved by anything; you are centered. You will cease searching for you have found truth. Where? Within. If you ask a question the an-

sver is there too. Do not force an answer; wait patiently till it matures, as a seed ripens. You are not always ready for the answer, and many times would not know or hear it. You will get the true one, because it will force itself into your perception, following the demand for it, which is true wisdom born of understanding.

We must work in our own spheres no matter where they are. We are placed where we can do the most good. If you are laboring under disadvantages, work the harder; aim high and be what you aim to be. Lives are made up of failures and victories. As fast as we overcome, there is another problem staring us in the face to be worked out, for our hopes, our aspirations are so varied that we are not satisfied. Our gain to-day will not satisfy us to-morrow; the more we know the more we want to know.

We are all pupils in the great school of life. None have graduated. All are trying to pass their examinations to go up higher; and if we in our eagerness jostle one another in the conflict, stand; it is easy enough to fall, easy enough to die; cowards do that, but it is Godly to live and overcome.

We must face our life problem somewhere. I do not believe in any postponement, in any neglected work. I like the poem "Excelsior." The hero carried that banner with him, even in death. If we hold on to truth as he did to the banner, we will not be picked up dead, but will pick ourselves up very much alive.

Every morning we turn a page of our life book. If we would keep it pure and unsullied, what a beacon light it would be to the world! The torch we are holding lights not only our own way, but also the way of each fellow traveler. It is a light on the path to everyone who be-

holds it, and we never can tell how far, how long or how much our light will help another. Let it shine on! It will grow more and more unto the perfect day. We know how we are struggling to find a footing, how little we know of ourselves, how hard it is to realize our own hearts.

Submission to experiences is one of the hardest lessons to be learned, yet that very experience which seemed the hardest to pass through may prove at last our greatest blessing. No heart is without its cloud, great or small, till truth puts it away, and none are without sunshine, more or less. Some accept and expect more than others. Only be thankful and cheerful, and do not push away the good that is for you.

The purest, brightest tints are sometimes found on petals bedewed with the bitterest tears. The growth and nourishment of the rarest flowers are oftentimes watered with tears wrung from the hidden recesses of the heart. Storm and calms alternate, and many times we find one when we look for the other. We find the thorns many times when we look for roses; but it does not prove that the roses are not there. Search till you find them.

Shadows that we see hovering over our lives seem to envelop us for a time so that the sunshine does not reach us. These same shadows, trials, experiences more fully develop our strength, and the good in us takes a deeper hold, becomes stronger, thereby bringing forth more and far better fruit than if the sun's bright rays had not been hid for a season. Then the shadows and the sunshine of our lives each in turn serves its purpose.

The variations from light to shade, from shadow to

sunshine, follow each other sometimes in quick succession. Then, again, the shadow falls so slow we hardly realize it until it has wrapped us in its mantle of darkness, and we cannot pierce through it to God's brightness. Surely then is the time to walk by faith. But amid all the tryings and failings, all the discouragements that loom up before us, there is in the midst of us a never-failing fountain of good springing up, if we will let it; bright thoughts, good deeds, whose clear, bright waters have been purified by the ever indwelling Christ, and will ever flow ceaselessly onward, reflecting from their limpid surface every ray of sunlight.

This then is our greatest gain, our peace, our heaven, here and now. And it gives encouragement to the onlooker to "hold fast till I come" (truth). And with that truth comes our freedom. Sometimes the broadest rivers are formed from little springs that flow in here and there, and our lives are also made up of little things. If we but hold the highest and holiest thoughts for our ideal, it shall be realized. They must be held with a steadfast purpose, with an intelligent mind possessed of strong mental powers.

We all help, like the drops in the ocean, no matter how small and inferior we may look to the world. We are needed; the links in the chain would not be perfect without us. Some lives seem so small, like a tiny reed placed in the cleft of a rock, while others like the oak are flourishing on a broad expanse. While we are trying to unfold our broadness and scatter the rays of light here and there, the soul's power becomes more illumined and we penetrate into the beyond.

Victor Hugo says, "There are no occult forces; there are only luminous forces. Occult force is chaos; lumin-

ous force is God." Let us have God, the knowable; not God, the unknowable. That kind of a God never has done, never can do, and never will do anything for us. We do not want anything that we do not know of, and cannot find out. Of what use is it to us? What we want is to find out.

When we have done our best, the consequences become divine. Right here is a point to be gained in our search after truth—If we have seemed to make a mistake, seemed to have gone into the fire with our eyes wide open, do not say, Why did I make this mistake? Why was I not guided? You made no mistake; you were guided. Stand firm and say, as one of old did when trouble had the ascendancy, "They meant it for my injury, but God meant it for good." Many times our lives fall below the desired point because the ideal reaches so far beyond the real that we are unconsciously lost, and wake to the realization that our lives are blasted because we did not make them as we would. We knew not ourselves.

With what different eyes different persons look on different people! In their blindness they oftentimes pronounce scoffing judgment: but he who sees clearly the truth of himself, knows his brothers' victories.

Let every word go forth as seed planted by the way-side. Let the crumbs fall from the table of truth constantly, from the plentitude of one life falls a crumb that stays the cravings of another; so while one is feasting at the table, another is partaking of the loaf, and still another is finding the crumbs. So all are fulfilling the commands of Holy Writ, "gather up the fragments, that nothing be lost."

CHAPTER V.

HEALTH.

Talk health, the dreary never-changing tale
Of mortal maladies is worn and stale!
You cannot charm, or interest, or please,
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words and make them true.

—Ella Wheeler Wilcox.

Health is a faculty within us; I might say a thought within us that must be developed. We must dwell upon it, think upon it, speak it, magnify it, till every fiber of our body is filled and thrilled with the electric force—vibrations of health. The body responds to our word of power, our word of truth. One cannot do much with a sick body; it must be rounded out, well developed; every organ must be alive and active.

We can only make it so by true thinking. Health is the truth of us as it should be, *real*; disease is the untruth of us, unreal—a myth. Sow the seeds of just what you want to spring forth in your body, seeds of health. You strengthen every muscle and bring your forces to work holding this thought, *I Am all powerful*. It is a mental tonic, and brings new life to soul and body.

Say *I Am one with the law of universal life*. It is a mental exercise; use it freely and you will grow strong and vigorous and change your body in every part; your hands, your head and the expression of your face, and every internal organ, as well as external, will respond to this strong thought of yours. Say *I am health, wholeness now*,

and a newness of life will thrill you from head to foot. One true thought will chase a thousand wrong ones, and two will put ten thousand to flight. Wrong thoughts are the secret sins that you are harboring, thinking no one knows them, though they are plainly visible to those who read thoughts. These are the plagues that come upon us and bring disease and death to our kingdom sooner or later. Disease is the fruit of sin; death is the fruit of disease. Cease sinning in thought; then you will in act. Thinking right means doing right.

Did we know ourselves, know who and what and where we are, we would arouse to a newness of life, could we understand that we had made our lives what they are, that life is not an apology, but a life of work; not a blundering motion, but a science; we would strike out boldly for freedom.

Emerson says: "Our eyes are holden that we cannot see things that stare us in the face, until the hour arrives when the mind is ripened—then we behold them, and the time when we saw them not is like a dream."

Then let our minds be ripened, opened, receptive to the truth from whatever quarter it comes, or on whatever lines it may appear. Prove all things by first believing. It is ignorance that shuts us out from the light of intelligence, whose door opens from the inside. If we will open it wide and unbar the windows of the soul, we let the light of truth in.

We gain by thinking on these things, and lose by not doing so. It is your gain or your loss, just as you accept or reject. One gains much with every temptation he resists, and loses much with every one to which he succumbs.

Then the ability to overcome a temptation really de-

cides our worth. We are being “weighed in the balance,” measured. Shall we stand or fall?

Paul says, “Having done all, stand; having your loins girt about with truth”—what we need, to be shielded by and protected with.

We are never real sufferers except through our own ignorance. If some one tries to injure us, we suffer only so far as we allow ourselves to be injured, and no more. Do not allow it, the ball that was thrown will rebound and strike the sender.

“ You never can tell what a thought may do
In bringing you hate or love ;
For thoughts are things, and their airy wings
Are swifter than carrier doves.
They follow the law of the universe ;
Each thing creates its kind.
And they speed o'er the track to bring you back
Whatever went out of your mind.”

Can we be too careful of what goes out of the mind? We are the weavers in our own loom of life; the threads (thoughts) are good or bad. That rests with the thinker alone.

“ It were better, then, O my friend, to spin
A beautiful thread than a thread of sin.”

We teach health by living it. We can teach truly only by doing. Then we are teaching not by words, but by acts. The soul speaks and we feel it, though the lips may not have uttered one word. When soul meets soul words are useless. Eye did not see, neither did the ear hear, but there has entered into the heart of that one who is attuned to you such truths, such love, as never can be effaced, printed indelibly within, though the lips have refused a sound. Each knows, and the love will last as long as life, which is eternal.

Look inward, for you have there a fountain of health and happiness that will flow to you ever if you will but allow it; only as you find true happiness, true friends there, will you find them without. One is—the other seems to be.

The knowledge that you understand yourself is a power to use when a patient comes to you to be healed. If you are "rooted and grounded" in the truth you could not "take" disease from them, as some healers do. Give them truth instead of sympathy, at once, in such electric shocks that they will be awakened though hard they may think it then.

It will put them in true communion with their own souls, their real selves. The writer never took a disease from a patient, but as many have, a thought is given to show the falsity of it, and to help those who do. Our lives must be a progression, and they could not be if we had to *take* anything that comes along. It would only be a camping ground, and we cannot camp anywhere along the line; our march must be ever onward if we would attain to heights undiscovered, unexplored by us. Every thought is a step and precedes action, which is the expression of thought.

Health is a normal condition, not an exception, and could we understand that it is ours by divine inheritance we would not yield ourselves willing victims to disease and death, and think the "Lord sent it as a judgment upon us," or that it is "His will we should be sick," and then consent to death.

Is God sick? No! Then God is health. What is God? Life, love, truth, mind, intelligence, principle, eternal energy, vitalizing force, omnipresent, omnipotent, omniscient, all good, the All in All. We are just the same. He

made us and pronounced His creation good. Our eyes are indeed holden and have been for thousands of years. It is time to open them and see for ourselves, not to look through another's eyes and think we see, or think through another's thinker and think we think it. If we let anyone else see or think for us we are in darkness, "dead in trespasses and in sin," though we may be walking the streets with our fellow men.

Don't let any one make you believe it is spiritual to be sick or poor; it is not, but shows plainly the state of your thought. We will not only call health from the invisible, but riches too, all we need and at any time, just as Jesus Christ did. He had a healthy body and all riches. Our own thoughts are our own creative force. Our faces and forms tell that we carry mental burdens till we are almost stooped to the ground.

The mental always reflects on the physical and bends our bodies. As the inner, the outer shows forth.

"Thrust out a little from land," means get away from the shores of old beliefs, creeds, dogmas, isms. If you will thrust out be it ever so little, and think for yourself, you will find that the waters of wisdom are already yours and your net will be full. Then you will have found the Ego, the Christ within, the real YOU of you, the I Am.

You cannot claim too much or make too great affirmations. In your efforts to climb you may fall many times. You will win by letting your fall be ever a rise. You must learn the lesson that Christ put forth sometime, somewhere. Commence now; trust in your own untried forces; try them; they are deep; each achievement is a growth. "To grow means oftentimes to suffer." Take no thought of the suffering, just grow.

"To covet the prize, yet to shrink from the winning;
To thirst for glory, yet fear to fight.
Why, what can it lead to at last, but sinning,
To mental languor and moral blight?"

We must all fight our own battles of life, and we conquer in proportion as we wholly rely on the one Power. Then we do not have to carry God in one hand and a "pill box" in the other in case of an emergency, or take medicine behind the door, or apply to a doctor to "pull you out," or go to a medium or clairvoyant to "see" for you—see if your patients are going to be healed—all of these must be dropped. Doctors and medicines have been our idols. We would run for both when we had God right there. He does not need medicine to do His work, consequently He does not bless it. If you could have been healed, why were you not before you went to science? Medicine one day and science the next will not work.

So, if you have sick spells, and don't know what is the matter, you will find that they will cling to you till you let go of all external and internal methods. All idols must be dethroned forever before you make a firm footing for your feet. It must be a full and free surrender to the power of God, and if you will not do this you only make a failure of yourself, not of science.

When the searchlight of truth is turned on us for good, we will practice what we preach. The best preaching there could be, and the only preaching that speaks to another, individual soul.

CHAPTER VI.

THE POWER OF THE SILENT WORD.

" My word shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it."

Speak the word, speak it again and again, till you accomplish what you desire, what you started out to do. Speak it in confidence and expect a result at once. By no means get discouraged while speaking it. Speak it in the name of I Am, and keep declaring that what you want is yours already; it is, it is mine now, as I speak; my God has answered. Out of our mouths are we approved or condemned. We receive the fruit of our thoughts. Then start with pure seed sown by God's own hand within us; send it forth in the atmosphere, on the ethereal waves that shall waft it on and on, and it shall return to you with a thousandfold power of the same you sent. Was it love? Then love shall be returned. Was it peace, harmony, joy, good? Then all these things shall come back to you. Was it hate, anger, revenge? Then they will return to you, sometimes from your dearest friend, and you wonder why, when you loved your friend so much. They might not have received your hate thought, but one received them and returned the hate to you, so the seed you planted fruited. Choose wisely the seed thought, for it reaches over the whole earth the moment you think it; and do not sow thorns that shall sting you repeatedly. Your silent word will bring a dove of peace or a raven back to your heart. Let it be love.

You are not only daily, but hourly laborers in your own

world. Rest assured that it is your faithful working in your own vineyard (world) that brings you your reward.

We are all adepts in our own lines. Why? Because we know our own lives as no one else does. The mystic work within is none the less powerful for its very stillness, none the less grand because it awaits the storm and knows its standing, none the less mighty because the waves dash on and we are not moved. The Power is there. Not sitting in the silence, but *being the silence* the work is done.

It is said that "light preserves all scenes, and air preserves all sounds," and it is not surprising when to-day we not only read thoughts, but photograph them. Photograph your thought atmosphere. Are your secret thoughts purity, truth and love? Make a pure thought atmosphere and others feel it as they come into your presence.

To be always cheerful and happy under any circumstances is a hard lesson for all, but the hard lessons only call out more and greater power, show you yourself, surely we need to be thankful for any lesson that shows ourselves to ourselves. The building of our character, our state of mind, is not measured by our feelings, but by principle, by what is right. It would be nonsense to depend on feelings to guide us. We feel happy at one moment, and the next we are sure something is going to happen, and it does. Some one says "I told you so." Let feelings alone and go by a settled principle, a definite understanding with yourself that only good is yours and only good can reach you. Experiences and practice help us wonderfully along the road we are traveling. There is but one right road; the rest are by-paths

into which we have strayed. We will have to strike for the main line if we reach our destination, the harbor of peace. The quicksands are the little nagging things of everyday life; we must get above them at once, and not let our feet sink into such marshy ground.

Character building depends altogether upon the *grit* we have back of us on which to build. Wonderful what an amount we have when we bring it to the front! I know one who brought this same power forth and it saved her life. She found out her husband did not care whether she lived or died, and she proved the Power and lived. All want to learn how to build a true character, and then go to work and build. Emerson says: "A character is like an acrostic or Alexandrian stanza—read it forward, backward or across, it spells the same thing." And it is the way one's character must spell on all sides. So in the dealing, whether it is a note, or a promise to pay; or a deal of five dollars or five thousand, it spells just the same. A promise to pay is a promise to yourself; see that you fulfill it. We can only build a true character by living the Christ life. Let our silent word be strong, full of power and to the point. Heed the silent monitor, the mystic that is ever building the within. Then Christ's words will not be taken as a theory only, but a practical truth that all can live. Theory has filled graves, insane asylums and penitentiaries. When the world wakes up and does away with theory, and puts in its place *practice*, these places will not exist, for the demand will have ceased for them.

I have dwelt much on the power of thought. It is the *cause and effect* of all things; action and reaction. I do not want to convert the reader; simply to tell him his

power, what he can do if he will. If I convert anyone to this truth it will be as one of the pioneers of Methodism said, when he was visiting his circuit, seeing a man drunk in a ditch by the roadside, he said: "What are you doing here and who are you?"

"Don't you know me? I am the man you converted."

He looked at him and said: "I think it must be as you say, that I converted you. One thing I do know—God never had a hand in it."

There have been many conversions where God did not have a hand in it, and that is the reason why they did not last. When God has a hand in it, it is done, and forever done. Do not try to convert any one. Do not try to force your truth on any one. Live your life right, and if the world sees you do, all will want what you have, and come to you for help. I knew one who called herself a scientist. She said: "I can't stay in this house. I must move. They don't want what I have." I said to her: "I do not blame them one bit. No one wants what you have. Why do you not get something that they do want?" We must get something that the world wants, and sees the good in, the need of, something that satisfies the soul. Let us begin to practice this lesson of life just as we practiced the multiplication table when we went to school. Practice till we learn it, and live it. The promise is given to him who overcomes. And as one victory follows another, every overcoming makes us stronger to come over the next. Self mastery defines our standing, proves our worth. Prove yourself.

CHAPTER VII.

SELF TRAINING.

God shall be my hope, my stay, my guide and lantern to my feet.—Shakespeare.

There is a self training that all must go through to bring all of our faculties under submission to the I Am of our kingdom. This self training is not done in a moment. No one who wants to make a good musician expects to become one any other way but by constant practice, hour upon hour, day after day and year after year. So we, if we expect to be well trained soldiers, we must practice the presence of God (good). This must be in our daily lives, for surely it is nothing we can lay by for tomorrow. *Live the life*; nothing else will do, nothing else will tell, and nothing else will be of any effect. It must come from the heart, not from the head, or it becomes as the Christ said, You speak with your lips but your hearts are far from me. We must get into the stillness where the soul reigns if we would still the storms and tempests of life. Get in touch with all good, then we will be in touch with ourselves and all with which we come in contact. Sometimes in this stillness the light of truth bursts suddenly. Then we do not have to speak the word or even think it. “It is finished,” for in the hour ye think not the Son of Man cometh. Silence reigns; thinking the truth, which is declarative prayer; instantaneous work is the result. The perfect stillness was instantaneous action, hence the result. *Knowing* is the highest form of prayer.

“Be still and know that I am God.”

Go in to the Christ part of your nature and abide there. The abiding consciousness of the indwelling Christ is what we need, and it only comes with self training; and it is of the utmost importance to do good works. Let your soul work in harmony with the universal intelligence of life and health, just as you breathe the air, breathing in the good and breathing out the good. Do not waver in your determination for self mastery. You have seen and lived one side of your life; see and live the other. And can you make it a failure when you have declared success? At times it may look as though your words would never fruit, but you do not get there with one bound. It is little by little that we attain the highest. Be not disturbed if you do not get there as soon as some; do not doubt your ability to arrive later on. You will come in on time if you will look to no one, except yourself.

Faith, that makes a stout heart, a clear head and a strong body, will be the result of self training. Stand firm on the rock that does not move when the waves dash against it. Sometimes the waves wash over it, but when the waters recede it is there in all of its majesty, firm and strong. You are that rock; I am that rock. It is the Holy One within you that never shall be downed that will make an affliction a sore trial or, a test of faith and patience. If we do this work understandingly the truth within us will push us higher. If it has not been done in that line, we will step down from the ladder and start anew.

"Be sure when you see anyone working the works of Jesus, healing the sick, loosening the bound, by the word of truth spoken in faith, that this faith did not jump into them from some outside source all at once. But if we

knew the facts, we should probably know of days and nights when with clenched fists and set teeth, they have held fast to the Christ within, trusting where they could not trace, until they found themselves possessing the very faith of the Son of God."

This faith that trains your thoughts to hold fast, that keeps them where you want them and on what you want, is concentration, application, and comes to us in self training, which is self-mastery. You cannot be moved. When you can say from the spirit, I have overcome, I speak and it is done, you are indeed victorious and consider only the good fortune of the overcoming, and never the ill fortune of the happening. The happening is in the past, the overcoming now. Then let a blessing go forth from your heart (not lips alone) for every trial that comes to you, that strength and power also comes with it; to overcome. This seems hard to those who cannot read between the lines, and feel that they have not deserved all that has come to them. Just be thankful that the power was given you to overcome. The writer has stood in this very place and can say of a truth that it is the only way out of it, and the only way for self-mastery. Marcus Aurelius says, "He is a blind man that shuts the eyes of his understanding; and he is a beggar that is not furnished at home, but wants the assistance of another. He that frets himself because things do not happen just as he would have them, and secedes and separates himself from the law of universal nature, is but a sort of an ulcer of the world, never considering that the same cause which produced the displeasing accident made him too, and lastly, he that is selfish and cuts off his own soul from the universal soul of all rational beings, is a kind of voluntary outlaw."

Many of us by choice are voluntary outlaws, never thinking of what we can *give* but just in getting, never realizing by so doing that we are cutting off our own supply. There must be a giving forth from ourselves of our abundance, whether it be thoughts, words, acts, time or money, ere a supply can return to our hands, remembering there is a vast difference between the statue of the man and the status of the soul, between being a man and having true manliness. Let us have manly men that are firm, brave, undaunted, dignified, noble, godly, true to themselves, true men, true women and the offspring will be true children, like produces like, surely a self training is necessary to our own unfoldment, necessary in gaining self mastery.

CHAPTER VIII.

FAITH.

"Now faith is the substance of things hoped for, the evidence of things not seen."

Faith: Say it once, say it twice, say it hundreds of times if need be, I have the very faith of God ; then go to work and prove your words. By saying these words you increase your faith, and the smallest seed thought of faith held to will sometimes bring you the greatest increase of that faith. Then what will the greatest of faith do? It will bring your heart's desires for good, for wisdom, for understanding.

Out of our smallest faith thought grows the greatest accomplishments, and by the use of it we are enabled to remove our own mountains (the obstacles that lie along our path.)

We have many mountains to remove before we can obtain our heart's desire; all of our subjects, which are our thoughts, must become loyal to their king and return to their Father's house. We must have an increase of faith that all can be accomplished ; then work has well begun. Every event in life is first marked out, worked out in mind (in thought) ere it is brought forth to be seen by the world. Everything is worked out in our own mental realm ; the artist has painted his picture in his mind by his faith that he could do it, ere he placed it on canvas to be seen of men.

Faith, when cultivated, is a marvelous power, and is necessary if we would accomplish the work we have formed in mind.

Holding the words, I have all faith in myself, will bring such a cyclone of power as to even astonish yourself; a power so limitless, so strong, so broad, so deep, that it reaches far out in space, in the great universe of life, and brings back to you visible demonstration of your own power.

Such faith is essential if we would attain the highest. We can attain it, for all attainments require an earnest strong effort on our part. Here self training is necessary to know and use the power that is vested in yourself.

If one had as much faith in God as he has in a doctor, he would send for God every time. He would not have to send, either, for he would know God was already there.

Before they call, I will answer; and while they are yet speaking, I will hear. "Faith without works is dead;" and no dead faith of our fathers is of any account to us; it must be a live faith; faith in every atom of our being.

Every thought and throb of the heart must be of faith; faith that takes no denial. This faith will remove mountains, and those of others who come to us for help, for no two have the same to remove, one is in the form of poverty, another fear, and another sickness, and so on! But the same faith will remove them all, no matter what forms they assume. It is this faith that "when ye pray believe ye have already received," which is the highest attainment of faith, and brings with it supreme power. Do you doubt that it will not heal you through and through of poverty and sickness! Try it and see. When you get the faith that the Syrophaenician woman had the work will be done. She was not disturbed because the disciples asked Christ to send her away, "for she crieth after us," she only held the harder that her daughter might be

healed. Even Christ could not disturb her faith, though he tested it. "Oh, woman, great is thy faith, be it unto thee as thou wilt;" and her daughter was healed at that very hour.

When our faith reaches the mountain top, reaches out to God above, our work will be done as Christ did His, instantaneously. He said, "As thy faith is, so be it done unto thee," and if it is not done we may know it is a lack of faith on our part, whether it is a lack of faith in ourselves, or in God, or both. There is a doubt somewhere within you that must be killed out, rooted out. Doubt never accomplished anything; it must be dethroned and faith enthroned within you.

Do not doubt in your heart when you speak your word. If we have perfect faith in our own spoken word, we will not have to wait days, months or years for an answer. We doubt, and then wonder why we do not get an answer to our prayer. When you speak (pray) do not say I want this, but that I am now in full possession of what I have asked for; it is now mine by reason of my desire.

Knowledge is possession, is power; build your faith-bridge and walk over it to your own inheritance. You have a divine inheritance of health, wealth, all that you need for your happiness. If you do not know it, or if you do know it and do not claim it, it will do you no good. Like a man starving in a city with money in his pocket; not knowing it was there it was of no benefit. There have been many cases of death from thirst, and water only a few feet away; so the water being there did not help them. They must first know it is there, and then use it. Use brings life, power. We are fixtures in this life just so far as we stop our thinking, find an abiding place outside of ourselves, outside of our own thought,

and camp out, or perhaps locate for years, till a new thought comes and wakes us up and we move on, perhaps to another camping ground, and abide there for a while and doze off in a state of lethargy, and let some one else do our thinking. Arouse your dead self and live! All power is yours. It is in your power to have health instead of sickness, riches instead of poverty, youth instead age, beauty instead of decay. Claim what you desire with faith that is now yours. We can truly turn backward and commence life anew, and live, *live* in every part of the body. Our face speaks then. Let purity of thought and action govern our lives, and it is as the poet Watts said—

“ Were I so tall to reach the pole,
Or grasp the ocean with my span,
I must be measured by my soul,
For mind’s the standard of the man.”

Then the God-mind rules and we have the same mind within us that was in Christ Jesus. Then the heights are reached here and now:

“ Greater works than these shall ye do.”

To the extent that you hold to these words make them your own. I have faith in the all good. I have faith in myself, will all things change to you, and your good appear. Faith will develop you and open your consciousness to the receiving of what belongs to you. Your own, by your faith and trust, you have attracted it to you and know it when it comes. Doubt dwarfs you, faith enlarges your capacity for receiving and you grow in newness of life and your body reflects that thought. Be firm. Be faithful. Be trustful.

CHAPTER IX.

PERSISTENCY.

" Yet because of his importunity he will rise and give him
as many as he needeth."

We can learn anything, live anything, be what we desire to be, if we are persistent in holding to what we want. This will make our lives what we want them. These are strange words to many, but we are told to "entertain strangers (strange thought), for thereby some have entertained angels unawares." These new thoughts are our angels and we want to entertain them by heeding what they say. They will lead into the right path, into one you have never trod. Be persistent, and new truths will dawn upon you. No man or woman ever made a success in life without being persistent. No merchant ever attained great commercial powers, as he passed up from cash boy to salesman, to cashier, and on to the head of the house, without working persistently till he reached the heights.

Always aim high. You will alight many times before you reach the point of your destination, but that is no reason you will not reach it; for every time you alight you start again with renewed strength, and by and by the strength that you have accumulated in your flights become so strong that you cannot alight on lower ground than that at which you aimed first in thought.

The story of man's fall has been preached and drummed into our ears all of our lives. He never could fall. His fall has ever been upward; he has always gained ground.

A bird of passage alights to rest and think, gathers strength and goes on.

Christ said to his disciples, "Come ye apart and rest awhile." Let no one think or say that he is not His disciple. "Whosoever will." His words are for you and for me. God is no respecter of persons; then these words were meant for all.

So this truth we are so persistently seeking to-day is changeless and eternal, and as individuals we must strike out for ourselves. We cannot stop anywhere along the journey even for a night, for when the clear light of morning comes to our souls, it is onward forever, onward in quest of truth. All are pioneers in this search, and each blazes his own way through the forest of creeds and isms saying, "I am free to think, I am free to see this truth for myself. Then I follow only where my own Christ (truth) leads me. This is freedom.

The Adept said, "All roads lead to the top of the mountain, but the same moon is seen after you get there." It is true all roads lead there. Some are rocky and rough, some sandy and full of pitfalls, such as sickness, poverty, fear, selfishness, and a host of others! You will find all kinds of churches and doctors on this route; they always go together. Like putting your name on the church record, and thinking you at least are saved, whether your brother is or not, or perhaps thinking that Christ died for you, and you have nothing to do for yourself, and so on—these things are truly snares for your feet.

Leave them all; take the right road, and come into the truth through your own teacher within. That one never fails. It does not matter what road another comes in on, we are to help him put any obstacle out of his path.

The one who says I know, I have, I am all that I

desire to be, will by his persistent effort accomplish it; for our desires are our growth. They are true prayers. Say, I will! I WILL.

It is wonderful how strong we grow thinking true thoughts. No wonder our mountains go down quickly though before they seemed so high we could not see over them! If sometimes they seem long in disappearing cling faster to the truth within you, saying, *I have spoken and am obeyed.* Troubled waters cease when we know our power. When we find our real selves we have found the "pearl of great price," which we cannot sell, and no money can buy.

Swami Vivekananda says: "We must learn that truth may be expressed in a hundred thousand ways, and each one yet be true. We must learn that the same thing can be viewed from a hundred different standpoints, and yet be the same thing." So the truth that one expresses or puts forth, may not be truth to another till he has risen or unfolded to that truth. The first interpretation was his past apprehension of truth. The mists of error vanish and the glass he is looking through becomes clearer; so clear that it reflects only the good of life. Then he sees things as he should.

Reader, you are responsible for the power that has been given you, whether you use it or not. You must answer to your own soul whether you have hid the talent with which God entrusted you, in the napkin of ignorance (disuse), or have put it to the exchangers (put it to use) that the Christ within you can say, "I have received mine own with usury."

If you use your arm it becomes stronger; use it not and it will become weakened. Use brings power.

Persistency in seeking truth will bring knowledge, and

the rough places in life will be made smooth. Start in with the intention of living it.

Do not drift and let the tide carry you wherever it will. Have a motive and pursue the object earnestly till it is yours.

It is right and beautiful to go to a teacher if you do not understand the Christ truth, but it is much more beautiful to go within and find your teacher and the answer to all your questions. It is not "second hand" when you find it there, and at last you will have to do as the Christ said enter into your closet. Second hand things seldom give satisfaction. The victor is he who can go it alone. Do not say, this truth may be for others, but is impracticable for me. It is for you if you will work for it. I know of one who came out of a hospital, off a sick bed (the doctors said a bed of death), from under several doctors, in a house of thirty persons, and not one believed as she did. She worked her way to health and to prosperity alone with God, and is still going on alone with God. "God and one are a majority."

The truth that Christ spoke of, brings freedom to you who are pursuing it on *all lines*, not one line only, else it is not freedom or science, either one. Here is an instance where truth freed one, and no other power could do it, or did do it. A man had risen from the lowest position in the place to the highest but one; he had attained it by his honesty and integrity of character; he had grown up from boyhood in the business. Money was missing and suspicion was turned to him. "An enemy hast done it!" He wrote to me asking help, that his honor and integrity had been questioned, and that he was innocent, which I knew as I read the letter. I wrote him to hold these words, "I cannot be moved, I know myself,

therefore I know my strength." Experts had been placed on the case to find where the wrong lay; in six days after the first letter was written he wrote these words, "Thank God, and thank you, the truth has come to light and I am vindicated." No power on earth but the power of thought, the God power of man, could have freed him. Look to your thought, *there lies your power*, and do not think this science of life stops at *healing the body*. Why, that is only *one* thing it does, if that were all, it would not be a science or truth, and where would be our freedom, for many have health but are not free from other conditions.

Freedom means separation from all the discords and inharmonies of life; if you have one, I care not what it is, you are not free. If you are controlled by any adverse condition in life—by an animal or an insect—you are not free, and you will only gain your freedom by being persistent on *all lines*. Let this be your motto: Persistency.

CHAPTER X.

DEMANDING.

"For lo! my own shall come to me."—Burroughs.

Demanding truly means knowing that the supply is already within your grasp. Demand that the light, the power, be increased within you. The supply will not always, though it often does come, at the moment of asking, but it will come as truly as the sun shines. It is not only according to our power, but to our faith in our own spoken word at the time of demanding. Demand guidance to be freed from all limitations, and expect it. Demand forgetfulness of all things you do not wish to remember. "Let the dead past bury its dead." Demand the good that is for you, and that the true one be made manifest in you now. Say I have it now.

Keep out of the past and out of the future; we are only to deal with the Now. The past is a shadow and barren of good results. Much of the fruit it has borne has been of the sorrowful sort, trials, failures, disappointments, sickness and sorrow. If the future can hold no terror to one who knows himself, knows his standing, the past certainly cannot, so whatever it has been, let it drop from your life.

True repentance is to cease from sinning. To-day, this hour, this moment holds all for you that you will accept. You could do no better did you live your life over unless you had known more. Learn to live now, and if you are an earnest seeker you will be led aright.

Do you think your life is a chance and that you just happened here! You are sent to work out your own life's destiny. We are more of a mystery to ourselves than we are to any one else. Each one to-day is being faced with a different problem, which he himself must solve. My life work is not yours; your life work is not mine. I could not fill your footsteps, neither could you fill mine. Each must build his own character,—“For this cause came I into the world;” and the world should be benefited thereby.

Demand the highest and best; take nothing less. Be yourself, whether it agrees with any one else or not; imitate no one. Emerson says, “Better be a nettle in the side of your friend than his echo.”

Each one has his own vocation, and each has his true guide within. Listen for the voice, to the voice and obey the voice. It is your own soul speaking to you. Affirm that you hear and can make no mistake; that you see clearly the truth. God was in the still, small voice, not in the fire or whirlwind.

Demand perfection; it must be the background of all our work. The beauty in the coloring of a picture depends *wholly* on the background. If our secret thoughts, the background of our lives, are not perfect, that shows forth in the picture of our daily living. Raise your standard higher; let it be Perfection, and work to that end.

Every one has a calling, and no one can fill that calling but himself. The greater power he puts forth in finding his calling, the greater his ability to prove his work. Our own work comes to us and we grow accordingly. Lives are unique if we are true men and women, not imitators.

Do not insist on doing the work of others; it keeps you

out of your own, and them out of their own that much longer.

Make yourself of the utmost value wherever you are and in whatever line you may be working; then you will be valued for what you are worth. If you know your own worth it is all you need to know, for the world passes the same judgment upon you that you do upon yourself.

Do not try to reconcile yourself to the world's wisdom or to any one individual's opinion. Opinion is changeable. To-day it praises, to-morrow it blames; to-day it applauds you, to-morrow it says you are a fool; so even the world will push you on to stand alone.

And standing alone is the only thing that gives you strength. If you lean on some one else believing as they believe, thinking as they think, where would be your individuality? You would not have any. Seeing and thinking as another does makes you an imitator, and imitation is limitation, the former you are stopped by another, the latter, by yourself. Can you afford to be stopped by another, or by yourself? Not if you want to grow. No one can claim all the truth or stop your growing. That remains with you as an individualist, where and when you shall stop. Have you attained to the height that you desired? Have you come up to your standard? Have you fulfilled your aspirations that you reached for in youth? If not, start at once and lay hold upon the power that is yours now, if you will demand that the power aid you in all your undertakings, and following the demand expect to receive the full benefit of what you have asked for. Do not say after you have made your mental call, "I may not get it. I don't expect it." Expect it, think, receive,

speak, receive, till you do receive. Let nothing daunt you. He alone wins the prize who will take nothing but the prize. Accept of nothing less than what you yourself have demanded. Let no one say *where* your name shall be written on your own life's page, or define your standing. You alone have the power to do that, assert the I Am.

Dethrone the idol, I can't, and enthrone the ideal, *I can*. I can make my life all I wish it to be, pure, holy, grand and noble, and I am making this my aim, I am giving forth this good to all, every one shall reap of the seed I plant, the world shall be benefited by my living. I will give to the whole world, knowing that by giving I enrich myself, I am rich with the true riches, then am I rich with gold and silver. My knowledge is my possession, and my possession, my realization, and my realization "it is finished."

Nor time, nor space, nor deep, nor high,
Can keep my own from me.

CHAPTER XI.

SELF-RELIANCE.

In which class are you? Are you easing the load
Of overtaxed lifters who toil down the road?
Or are you a *leaner*, who lets others bear
Your portion of labor and worry and care?

Self-reliance means to rely wholly on yourself; be yourself; speak, live, act all the truth you see to-day. To-morrow speak, act again all you see. Speak and act every day your highest. You will gain more and more truth and it will grow plainer and clearer to you. Not that truth which is changeless principal can change, but the truth you perceive today with your limited capacity of seeing may not prove truth to you to-morrow. You have advanced an upward step, and in doing so you see more clearly to take the next. As you live up to all the light you see day by day, greater light will be added unto you, and still greater power will be given you. You have put your talent to use, it has increased, and you are receiving your own which no one can take from you, and to which no one can add. It is the law of giving and receiving. If you do not give forth what you know and have proven, of what benefit is it to the world? None whatever. You have hid the light that was yours under a bushel, instead of putting it on the table (using it) to give light to all. Your work has not been done and your light has gone out. There is no oil to keep it burning. How great is the darkness.

The oil would have increased on your hands had you been self-reliant, self-assertive, self-centered, and done the

work *well* that was given you to do, regardless of the world's opinion of you.

Pope says, "Act well your part, there all the honor lies." And if you have done this, honor yourself. It is all the honor you need. Better that all the world should think you are wrong when you know yourself that you are right, than to have all the world think you are right when you yourself know that you are wrong.

Are you looking to the people for praise? They will never give it; and if they did, what do you want of it? If you are self-reliant, you will not look to any one for praise or blame, you will stand alone and look to the God within yourself for approval. You do not want sympathy. Find the solid rock of truth that cannot be washed out from under you.

Marcus Aurelius wrote in the second century—

"I have often wondered how it comes to pass that everybody should love themselves the best, and yet value their neighbor's opinion about themselves more than their own. Therefore, if any good or eminent instructor should stand at a man's elbow and order him to turn his inside outwards, and publish every thought and fancy as fast as they came into his head, he would not submit so much as a day's discipline. Thus we stand more in awe of our neighbor's judgment than our own."

If we value any other opinion more than we do our own, we are not individualized beings, neither are we self-reliant or self-assertive.

If we did not think that some one knows more than we do we would go to work with vigor and rely on ourselves to find out if that one really does know more; if so, why? If he knows more, *I can*. God gives you the same wisdom that He gives the wisest. "Because

you find a thing very difficult, do not at once conclude that no man can master it; but what you observe proper and practicable by another, believe likewise within your own power."

When one reaches this point of self-assertion or self-reliance, he knows his worth and will keep all things under his feet and walk uprightly; for the God-man has no rival—*he is*, and the more he consults his own powers and depends on them, the greater difference will be seen between him and his fellowmen.

To be misunderstood gives one greater energy or zeal to be understood, or rather to understand himself, which is all that is necessary. The world may and does misunderstand you and your work. Live your life, it may not be like that of anyone else, it is that part which gives it value. "Wherefore come out from among them and be ye separate." You will never gain self-reliance till you do, but, on the contrary, you will lose your own individuality and pass out of life. When we will not stand on our own feet, they are taken out from under us. Every faculty we do not use, will die from disuse. "Look well to the ways of your household (your thoughts) and eat not the bread of idleness" or laziness either, for we can be both mentally and physically lazy. If people were self-reliant, relied wholly upon the power within them, they would not take medicine, better still, they would not be sick, neither would they "see" so much when they sit in the silence and wonder what it means. It means this: That if God really did give you that symbol, He would have given you the meaning of it. He does not leave His children in darkness when they depend *wholly* on Him.

Of what use is the "seeing" of things? Has it

helped you out of sickness, poverty, troubles? Seeing accidents, fires, murders, etc., years after they have happened is of no benefit to any one, and it is of no benefit if you "see" them before, if you have not the power to stop them. For instance, a lady once saw (in the mental) a friend drowning. Several days later her friend met with an accident and would have drowned had not two men fortunately come to her rescue. The foreseeing of events did not help her friend any. This foreseeing is called psychological development, but of what benefit was it to the one who did "see," or to the one who did not see? Margaret Peeke says, "Wherever we see a genuine psychic, we see one who is either mentally or physically diseased. It would not be possible to find ten in a hundred that were sound in body or mind, or both," and she further states, "it is bodily seeing and hearing." What each one wants, is to *see* clearly the truth of himself and of everyone else as Christ did. We are told of Jesus reading thoughts, "and Jesus knew their thoughts," etc. He always did this to help, so each one ought, and should do it, who have studied in the thought world. By reading your patients' thoughts you can root out the cause of their troubles and heal them, unless you put out the cause the healing is never done. The effect of any cause not wholly rooted out will return in many forms, depending altogether on the organism of the person.

CHAPTER XII.

JUDGE NOT ACCORDING TO APPEARANCES.

Judge not according to appearance, but righteous judgment.

To "Judge not according to the appearance, but judge righteous judgment," is one of the hardest tasks that one has to encounter in the journey onward. We have judged so long by our sight and hearing that it seems almost impossible not to do so. The senses do not give true testimony. We must look from and through a clear eye, and only through the inner sight can it be done.

No healer would take a patient did he judge by the appearance of that patient. We are told "not to judge by the seeing of the eyes, nor by the hearing of the ears," and this is what we must abide by if we would get to the truth of man's being. A patient comes to be healed. You cannot believe what he tells you of his sickness or troubles. He is judging by his sense testimony. You are judging righteous judgment—a marvelous difference between the two. Could the patient judge righteously he would be the healer instead of the one to be healed.

No matter what the appearances are, we know them to be false, and it is our place to bring out the truth where falsity seems to exist. By holding the patient in health thoughts, it will bring out health that was lying dormant and inactive. It is there waiting to be awakened to newness of life. Speak health forth as one having authority, and the body will begin to throw off the old atoms and take on the new, thereby transforming our bodies by the renewing of our minds. The only way transformation can take place is from within outward.

In overcoming any trouble we must take the same stand. In the place of sense testimony, righteous judgment must be substituted that all want to do what is right and it will bring the good forth in them sooner or later. It is hard to look past the shadow to the real, when you feel that some one has tried to injure you. We are blind when we do not want to see, and deaf when we do not want to hear; and if we are prejudiced we see and hear everything wrong.

All are passing through troubles that the world knows nothing of, nor your best friends either, and it is well that they do not. Fight it out yourself, alone. Silence is a power; you will become stronger by keeping still though it may take many sleepless nights and weary days. The writer was passing through a most severe trial to her—there was not a ray of sunshine, though the sky was unclouded. These words came to her from the spirit : *Ye shall be tried as by fire. If ye fall away in times of trial, ye have never known the truth*—words that have been with me as a beacon light and ever will be. Since then I have had ample proof that if we do fall away in times of darkness, *we have never known the truth*. It is easy for people to be good when they have nothing to disturb them; they can be so good that they are utterly good for nothing. It is the storms coming that tells whether the ship is staunch and true.

If people have good health and plenty of money, they could be good, too; but what would they do if they had neither? It is when they have neither that they must stand alone. Holding to the truth in the darkest hour, without one glimmer of light, steadfast and immovable, will bring the light. No one can tell how great a trial these things are, or how much they mean to another till

he goes through them and the "waters divide," and he passes over. If this will help some one who is falling under a load that is most heavy to bear, I gladly give it. I, myself, have been many times where darkness alone reigned, but I am now where the brightness of God's truth reigns supreme.

Do not be imposed upon by the shadow. Look through the darkness quickly to God's brightness, and "remember that the shadow proves the light is always there." You know, too, there must be a real before there can be a counterfeit. Make no mistake between the two. Arise out of the slough of despond and do your work wherever you may be placed, whether in office, schoolroom or kitchen, and be not entangled again in a yoke of bondage. You know best what bondage means to you. Make it freedom by casting all your care on God, for He careth for you. To those who have written me of their uncongenial work in different fields; work on in love, for love lightens labor, and you will be lifted out. Others have been, and sometimes very quickly too, and you may say as one did in a letter that we received while writing this: "It is most too good to be true." But you will find all this true just in proportion as you hold to truth.

It is useless to deal with an outward effect, that is only the appearance. If you judge by sense testimony the "blind would lead the blind, and both would fall into the ditch," and when you get into the ditch you cannot help any one out till you get yourself out.

It is a God-given right to be young and beautiful, and all want to be so, whether they own it or not; and it is our right to work to that end. The beauty from within will bring the outward expression. You can grow old or young, homely or beautiful, humpbacked or straight.

You are doing your own growing. The starting and finishing will end in the same place. The body can be perfect and should be; but the body is not I—it is what the I (ego) uses to speak through. Make the fountain pure from within and draw therefrom your daily supply.

By going past the appearance to the real, you can make any trial you are going through turn in your favor, and become your good. Good will grow out of it, if you look for that alone.

CHAPTER XIII.

DESIRE.

The thing thou cravest so, waits in the distance
 Wrapt in the silence, unseen and dumb
Essential to thy soul and thy existence
 Live worthy of it,—call, and it shall come.

It is written by some scientists, “Crucify your desires.” This means kill out; crucify everything you want, every hope, every aspiration, every high and noble purpose within your own soul.

And what are you then? A nonentity, dead! One of those no account kind!

I would as soon be dead as to be ■ nonentity. If you are of no account to yourself you certainly are not to any one else, and you might as well be out of the world as in it—only I do not see of what account you would be in the other.

Now crucifying your desires is pure nonsense, ignorance. What you do want to do is to hold the highest and holiest desires that can form within your consciousness, and hold them persistently till you get them, till they materialize here and now. The highest aspiration that you can hold about yourself, to yourself, will be yourself expressed. Aspiration precedes inspiration, and molds it. If the mold is empty and perfect, and you fill it with your highest desire, what comes forth must be perfect too. If the model is perfect that the artist works from, the painting or statue must be; and we are artists of the highest, and mold our models as we wish. Our models are in mind before they can be expressed out-

wardly, then our desires should form and shape the models the purest and best, the highest that a God-man can aspire to or the God-consciousness call forth; limitless beings, spiritual and immortal. God like men and women.

What you think of yourself you can think of your neighbor and brother, and the thought calls forth the same from them. *The love that demands the highest in return for what you give is the highest, and is the only form of pure, unselfish love.* Because of your demanding a return, it has brought forth from them what might never have come had you not done so. This is law. We never plant even one seed without demanding much in return. You may do a kind act and speak a kind word to any one, giving your love with them. You do not demand the return of that act, word and love to yourself; but the power you gave forth to them, demands them to pass it on to others, till it becomes seed time and harvest with us all. You give forth much love to one. You may not and do not demand that love be returned to you; but by giving it forth you do demand silently and surely that love shall be returned to some one else.

In our short lives we have all done thousands of kind acts, and spoken kind words. If they all should come back to us, we might fall under the pressure unless we were propped up by truth. This is the one prop that never fails us.

We have sent the word out on its limitless journey, and it will reach those who are ready for it and pass by those who are not, like the ground that does not bear, because it is not prepared for the seed. If one will not have the light that is presented to him, and is mentally or spiritually starving, it will do him no good for any one else to starve. None can possibly hinder others from getting

all they will receive, any more than they can hinder them from getting all the air they need.

What we do want to crucify or root out within ourselves is the erroneous thoughts that have reigned so long, and have been the only rulers in our kingdom. The foundation must be purified from evil thoughts before the true basis of reform is established, and only as we free our minds from evil shall we free our bodies from evil habits. No impure thoughts or unholy desires will pass muster. It is not what we may have, or have had, but what we *are*, that will pass us on to perfection.

Are we to-day free from Idols? Church, caste, creed, form, ceremony, wealth, worldly ambition, lust are all Idols. Worshipers differ in their idol worship. All will have to be dethroned and One, whose name is ONE, rule.

“ He is the free man whom truth makes free,
And all are slaves beside.”

I do not think it makes any difference who we were once, or where we were once, but it is of the most vital importance where we are now, and what we are now doing.

We know nothing of where we have been and if we did know would it help us any in this life? The help that we need is right here and right now. Some say they know, but I do not see that they are benefited by that.

I do not argue whether reincarnation is or is not divine law, but no doubt it is in the divine economy of being, for it does certainly give people a chance if they have failed in one life, to work it out in another existence, till they work out the truth of their own being, till they find the Christ truth within themselves. Then they become regenerate souls and need no reincarnation, but progres-

sion, or rather recognition of the highest truths that await an awakened soul. Why then should we not come back here, or go anywhere else, without going through the process of birth? "All power is given unto you"—then surely we can disintegrate our bodies, as they are only atoms of vibration, why not lay them down and take them up as we want them?

If sickness and death are false claims, is not birth, too? We must have perfect control of our instrument (body) as the pilot does of his wheel, or the engineer does of his engine. The difference is our pilot and engineer are within and repairing all damages every moment of our lives, giving us a vitalizing force, a newness of life. Our own God power is the repairer.

Readers, find yourselves and you will find that truly you have been prodigals in a far country. It is time to become wide awake to the truth. We have much to learn, and much to unlearn of that which is of no benefit to us.

Education is discipline. Practice being honest, earnest, persistent to get at the truth. That will bring it. Accept it from whatever quarter it comes, and your life cannot be wasted or blasted, whether you are on the mountain or in the desert. If you want a field to work in you can always find it.

CHAPTER XIV.

WILL POWER.

Back of thy parents and grandparents lies
The great eternal will—That, too is thine
Inheritance, strong, beautiful, divine,
Sure lever of success for one who tries.—Ella Wheeler Wilcox.

The will power in us, which is the God power, is the strongest power by far. Out of it grows longer life, greater love, deeper truth and broader thoughts that flow to all humanity as a common brotherhood. We are superior only so far as we have advanced in the understanding of our own divinity. Will truly, and truly your life is.

One writer says: “My will is as much my own as my constitution, and no more concerned in the will of another man than my breath and my body is an another man’s; for though we are born for the service of each other, yet our liberty is independent. Otherwise my neighbor’s faults might be my misfortune, but God has prevented this consequence, lest it should be in another’s power to make me unhappy.” Evidence of our own individualized soul or spirit for we need no other proof than that of our own individual life, that our work must be done independently of each other as much as our lives exist independent of each other.

Man’s will, working with the divine will, is willing righteously. In truth there is only one will, the will of God (good) to be done in us. We are co-workers with omnipotent power.

I am absolute will.

I will to do good only.

I will that my whole body be filled with the light of truth.

I will to know all things, and have all wisdom.

I will to be perfect.

I am it, I am it.

I am unconquerable.

Then refuse to yield to any condition you do not want, or to let any obstacle stand in your path. Will that your eyes and ears be closed to all ignorance (the worst devil or evil one has to contend with) and open to all intelligence. Say to the unruly will that seems to want to go astray and separate itself from the all good, you are my good subject and want to be loyal to the I Am who rules. Teach it the truth and it is a mighty power for good. He who says I will know, I will do, always does it. I knew one who fainted at everything, and nothing, too. One day, when alone, the room was whirling and the chairs also; she rose from her chair, holding on to the arms, saying, I will not faint, I will not. You cannot do me harm. She did not faint.

Cultivate a will that is unconquerable. I WILL is a creative force. You can create what you will. One writer has said it is the all of man. I know of two men whose farms were near each other. The first had the best farm and the best stock, the best fruit in the market, the best of everything—good health, too. He was asked how it was that he had the best of everything. He said, “God and I are partners. God does his part and I do mine.”

The other farm bore very little fruit, and that of the smallest and most inferior sort. Why was this? The owner had such a withering thought that he not only withered his own body but withered his berries on the vines. Everything he possessed was of the same sort;

his cattle were poor and unruly, his trees and ground refused to bear, and every machine broke down when he touched it. His whole farm was cursed. The air he breathed forth was filled with cursings. "Bless and curse not." The neighbors said, "he has such poor luck."

Who made his luck? He, himself. He made himself and his farm just what they were. He reaped the fruit of his own thought.

You can use your powers for good or evil. Take the good, assert your divinity, and will that you have the mind of Christ.

Willing and working go hand in hand. What I work for I get. I believe in no salvation except that which I work out for myself. Christ's dying will not save me, neither did He preach it. He showed us the way. We must be saved through the God power, the I Am within. If we have nothing to do, and Christ did it all, we are powerless and irresponsible creatures.

No one will concede this for a moment. You are a responsible being, and will find that Christ's dying did not release you from any responsibility. You must work out your own salvation, so do not hypnotize yourself with the thought that you have nothing to do.

A woman cured herself of rheumatism by taking hold of each finger that was swollen and saying, "I just will not have it; I will not. I will have perfect fingers that I can use." Now she has. She is well and strong in truth, while others have fallen by the wayside.

Another wanted to subscribe for a science paper, but she had no money. She said, "God, I must have it. My very desire shows that it is mine already. It is mine now." The inner (God) can supply all the outer (man) asks for. That day a patient came in and asked for a

treatment, for this the scientist received one dollar, and she obtained her paper.

I will, will bring you your needs. Do not sit down and say, I can't pay my debts. "Pay what thou owest." You can pay every dollar that stands against your name, be it hundreds or thousands, by holding I Can; I Will. Go to work with vim, and the way will open. He who says, I will find a way out of this, or make one, always does it.

Do not mind appearances. Look past them to the God-will within you, and go ahead. I know of one who paid every debt that stood against her name by holding fast to the truth.

Continually ask for light, and ways will open that you little dreamed of, and all will be paid.

We do not need stated times to do good, any more than we need stated times to sit in the silence. We can do good all the time and *be* the silence all the time, that is sending forth the good at all times and in all places. Any stated hour or any stated time, to sit in the silence gets to be monotonous. Why not be in the silence when you are washing dishes, sweeping the floor, in fact, doing anything your hands find to do, you can if you will.

I know one lady who has had great illuminations when she was washing the dishes and also when she was at the washtub, or cleaning house, and another who healed a case when she was filling a lamp, with these words, "Son, thy sins be forgiven thee."

One pupil put it into music from the first lesson and treatment she took, and made a success of it. This truth stops not at anything, no door can be closed against it or against you, unless the individual closes it for himself for he has his hand on the knob and can open or shut to suit himself.

If you open the door and invite this truth in and become receptive as a little child, you grow in stature and in favor with God and man, for truth makes a good and well developed body. You become vitalized with the force of your thought strengthened, deepened, renewed in every atom and fiber of yourself, but if you close the door you wither in mind and body, sick and troubled and then wonder why "I am so afflicted, I mean to do what is right," go back to your thought there is where the work is done.

Assert your will power, have nobler desires, grander aspirations, and live up to them, and in living closer to your ideal every day, your life will begin to shape itself and you will prove these words true. Your thought, the background of your life, must be perfect ere the picture on the canvas can be perfection, or your ideal realized.

Clean out your mental workshop of everything undesirable, and put in all that every aspiring soul aims to be and your work will show to your credit, you are not working for the credit of the world or its praise, you are working for your own approval and the blessing of a clear conscience, that is all that is necessary.

CHAPTER XV.

CHARITY.

"In faith and hope the world will disagree,
But all mankind's concern is charity."—Pope.

I do not believe in the world's conception of charity. It fosters selfishness of the worst sort. Selfishness must be dethroned. It is and has been our idol for ages, and we have worshipped it and made it our god. The more we can gain through it, the more powerful we are.

"Charity shall cover a multitude of sins." Sin, which is an erring thought, must not be covered, but put out; for if you should presume to cover it in one place, it would surely break out in another. You might as well try to cover your sickness; you cannot do it and free yourself. The cause must be removed, then the healing will be permanently done.

Christ said, "Give, and it shall be given unto you, good measure, pressed down and shaken together and running over; for with the same measure that ye mete it shall be measured to you again." What do these words mean to each of us as individuals? Are they just to the teacher and healer alone, or to the patient?

Let us use common sense with science; they go beautifully together. It is always a good idea to keep a large stock on hand. It is useful in many ways. The patient cannot receive till he gives forth. It is utterly impossible because it is not law. We forever sow before we can reap, and "he which soweth sparingly shall reap sparingly, and he which soweth bountifully shall reap bountifully."

When man awakes and starts from his mental, or rather the spiritual side of his nature, or both, he will understand that this is a practical application of the doctrines of Jesus Christ, not simply to be read, but *used* in every affair of life; and if we are in any business where we cannot use it, we would be wise to get out of it, for practical Christianity is true reformation of the soul.

Selfishness, covetousness, is death in one form or another. It withers the body, draws it out of shape, dries up the blood, contracts the muscles in our limbs, and in our faces, and there is no relief till we let go the thought. If we do not we will let go our bodies. When your face or limbs are wrinkled and drawn you may know the condition of your mind. Arise at once and assert your divinity. Awake to your God-power.

The prevailing thought to-day that we can get something for nothing is the worst form of error. It creates charity, almsgiving and pauperism. There is no difference in bondage; you might as well be bound by one thing as another, and no difference in theft as to amount. It is a thieving thought that wants something for nothing, that does not want to give full value; and if you truly want to be healed you will gladly give value received. If you do not, you only hold your good from yourself.

Everyone can give, be it much or little, and the little becomes much if it is all we can do. Give cheerfully, not grudgingly. Riches are of a divine order and God-given. Get the true riches and pass them on not by studying economy but generosity, giving on every hand either little or much.

Law makes exact justice between man and man, and if the spirit is not quickened within us we shall have to start anew, for it is at the divine center that man must

be aroused, and must cultivate an inexhaustible supply by holding to it and drawing forth from the universal storehouse of the all-good, holding that the supply is here.

My power balances all things for me; your power balances all things for you. These things cannot be balanced in a half-hearted way. Be earnest and true, and balance your own account.

Christ was the greatest banker on earth. He did not have His money in the First National Bank. He had it within Himself (where we all have it) and called it to Him when He needed it by His spoken word, just as we will do when we live the life as He lived it.

God-man must have dominion, and if he has not he is not the God-man; he is only the man, and lets what is his pass by on the other side of his nature. When he finds his God side he will receive his own.

Demand value received from everyone. It sets in motion new ideas of the life currents that will take root. I do not say it will, or even may, come back to you; but it will be passed on from the one you have demanded it of to the next and the next. "The end is not yet."

To give, expecting nothing in return, is the sum total of selfishness. You give haphazard, like a man sowing his seed all over the country—he "sows to the wind and reaps the whirlwind," or at least he will think the whirlwind has been there.

Truth is really a self-sacrifice. By this I do not mean giving up any comfort that belongs to the children of an Almighty Power, like giving up good clothes and wearing poorer ones, but a self-sacrifice in giving up our idols for truth. Perhaps your idol is medicine, or "my church," or perhaps it is a husband, a wife or child that does not want you to think for yourself. I care not what

it is that is given up, one thing I do know — this truth that the Christ gave to us must be *first*. If your husband, wife, children or neighbors, like you any less for knowing and living the life of truth, heed them not, keep on. They will want it when they see you have something worth having.

I know the truth comes home to us with a deeper meaning when we give up something that, at the time, was a real sacrifice. I know one who gave up her diamonds to be healed, and she was healed, too. Another gave up the money intended for a pair of shoes that she needed, to buy the first book on science she ever had. It was a real sacrifice, but she looks back to that day with a spirit of thankfulness. The shoes came later on, as everything that we need will.

I worked nearly three years in this truth without charging, but I no longer believe in "free treatments." Patients receive the truth with a deeper and more lasting hold when they are willing to pay for it. I have never known a case where a patient paid what he could, that to-day is not living the truth and I know of many saying that they could not pay who are now doing just as Christ's disciples did, "going back to their fishing." I believe it is right to charge a price that is within the limit of all, and in several years of experience in teaching and healing since then, I feel that I have proved that there is better satisfaction on the part of the patient when he gives what he can.

I have answered letters from strangers asking for light, how to get rid of insects, how to be lifted out of uncongenial work, though there was scarcely ever a stamp enclosed. I have talked with hundreds upon hundreds about this science and I have never once asked pay for doing

it. Though believing it should be value received for services rendered, I would rather give mine to one who is able to pay than to turn one away who is not; for "there is that scattereth and yet increaseth, and there is that withholdeth more than is meet, but it tendeth to poverty." Good can only be received by the giving; this the patient wants to understand. Neither would I have it understood that this truth can be run on any commercial basis. I mean justice to all, by doing unto others as ye would that men should do unto you.

I do not believe in cheap things; hunting day after day, spending your time and life force in getting something that is cheap. You will find it dear before you get through. You are planting a cheap thought and the fruitage will be cheap. Instead of hunting for cheapness, had you hunted for richness you would have found that you had money to buy.

Riches belong to you, and who is going to keep you out of your own? Speak your riches to you.

It is beautiful to know that no man can judge another. We judge ourselves by what we know we are. Therefore do not value your neighbor's opinion; value your own. And to you who are planting seed after seed of the good, and do not see the fruit or receive it in your life, know the words that Jesus Christ spoke are true: "Herein is the saying true, one soweth, another reapeth." Know that some one will reap what you have sown, and be satisfied.

Sowing and reaping have been a great problem to me, but it has become plainer since I commenced this book, in these very words of Christ. When you plant your seed thought and look for fruitage, and behold it not, just be thankful that He gave you the light of truth to plant it, and that it shall be harvested.

Real life commences when you dare to assert your independence, and become an independent thinker, an independent actor, and an independent liver in your own thought world.

CHAPTER XVI.

FREEDOM.

"Give me liberty or give me death."—Patrick Henry.

Every day we hear the clarion cry of freedom. Where does this call of truth, up and be free, come from? Straight from the heart of every deep thinker. And as it goes on from one to another, louder and still louder, it awakes the dead, and thousands are rising from their graves of error and are beginning to live, by beginning a new life. "A new life is yours, and a new hope. Remember we build our own ladders to climb to the sky."

Freedom from all limitations, freedom for mind and body, is the cry of every heart, and we are trying to obtain freedom by building aright.

We are building this temple of ours (the body) in silence, every moment, without the sound of the hammer being heard, and we can only build it right by using the right material. Every stone (thought) that we use must be sound and strong, and must be perfectly fitted and adjusted to the next, and the next, till the whole structure stands complete. If there is one stone put in that is defective you will have to rebuild in order to make that part perfect. On one side of your temple, along some lines, the building may seem exceedingly grand and strong, that part which shows forth to the world; other parts may have become weakened and much defaced. On every line, in every part of your being the building must be perfect.

Build from within. If you build from the outside, and leave the inside untouched and imperfect, you have a sandy foundation; and when the storms come, in the

shape of trials and discouragements, you are washed out in the current and beat about on every side, till you start anew and build from the divine center of your own soul. Then you are founded upon the solid rock of truth, where, if the rain descends and the floods come, "it shall not come nigh thee," because you in your perfect temple are clothed from head to foot in an armour that is invisible, and also invincible.

All encounter storms on life's ocean; but if your ship is staunch and the pilot (will) true to his post, you will anchor in safety.

When Nehemiah was building the wall, he said to the messenger that had been sent to ask him to come down, "I am doing a great work, so that I cannot come down. Why should the work cease whilst I leave it and come down to you?" Those that have risen cannot come down, they can only help you up. He that has been resurrected from the tomb of error can never go back. His work is to add his "come forth" with the rest.

In building the wall of Jerusalem "the builders every one had his sword girded by his side, and so builded." "The sword of the spirit is the word of God." St. Paul says, and, again, "the word of God is quick and powerful, sharper than any two-edged sword, a discerner of the thoughts and intents of the heart."

We must be faithful in building this temple by keeping the sword of truth ever by us, ever looking to it as a discerning of truth, and it will only find a lodgment with us as we are fitted to receive it. If we are not fitted to receive the truth, we would not know or believe it when it comes and so let it pass by.

We are to discriminate with accuracy on all subjects, all lines of thought; to guard against error, in what-

ever guise it may appear. If we push our thought force in the right direction, everything will adjust itself and harmony will be the result. To the degree that we are spiritually unfolded may we penetrate into the unseen realm. Work in silence; the greater the power, the greater the stillness. It is said that no prophet was ever made save in stillness. The words that are expressed are always matured in thought; and as fast as one truth is established within, another is taking its place by forcing itself upon you.

Whatever we think about we attract to us, or produce from within us, create; and the more we dislike anything the more quickly and surely do we attract it to us.

We can renew our bodies by thinking right. Camille Flammarion, one of the greatest scientists, says that the physical body can be reconstructed in less than one year, and some portions in less than thirty days, by thought force alone. Cultivate intuition by claiming it is already yours. It is the connecting link between God and His children. It is a discerner of the truth. It is a power, and helps you to read thought as you look at one. Signs follow. Claim what you want, that it is now yours, and take the Master's word, believe ye have already received. Do not drift or float. Get into the deep, swift, inner current of your soul and ask for wisdom.

It will come for no one ever asked in vain. Many times have you asked help from man and been refused, but when you go to the God of your being that is forever renewing you with new life, new hopes, new desires, new thoughts, that spring into life in deeds, then there is no failure.

Some speak of freedom as being free from sickness, just *healing* the body, that is only one point we have made.

Freedom not only means liberty but *separation*. Separation from what? From everything we do not want, from every ill that our bodies seem to be heir to, till we rise out of the thought that we do not inherit anything only from the eternal good, and can have freedom from every condition, not only freedom from poverty, troubles, anxiety, temper, lust, but freedom from the fear of all animals, freedom from the insect world that holds us today in its grasp; it, too, must be loosened.

One writes: "Can I be freed from bed bugs?" Another writes: "The fleas almost kill me, I just as soon die." Another one the moth troubles, "Eating all I have." Still, with another it is mice and with a host of others it is insects, bugs, worms, on their trees and vines eating and destroying everything within their reach. I quote again: "Possums, skunks, rabbits, rats, have depleted my chicken house."

These things ought not so to be, should not be, and furthermore will not be when you know *your* power.

When you think of an animal or an insect ruling you does it not seem absurd? You, God-man, God-woman that have been given dominion and still will not accept of it, will not realize your own power, but let an animal, bug or insect have dominion over you, just the same as you let worry, anxiety, trouble, poverty have dominion.

Rise in *your* God power and have the mastery, say I am master of all conditions. I am master over my own animal nature. I am master over my own life, and when you are truly master of that you are master of all, you have mastered every condition I do not care what it is, you have mastered animals, bugs, insects, everything. Why? Because you have *first* mastered yourself.

Within yourself lies *all* mastery, all freedom, if you accept of it you have *true* dominion, freedom; the non-acceptance of it, the other party has it whether it is the ant or flea, take your choice but find no fault with another if they have mastered conditions, or animals, and say "it can't be done" because you have not done it, or say "why should you be more favored than I?"

Now, there is no favoritism in truth, if one lays hold of it with vigor, proves it, lives it, it is his; if another does not it is not his; it is the I and the Not I. You can be first or second, it lies with you, and you alone. Let us have freedom in its fullest measure, conquering everything by the one power, love. Love to all, animals, insects, everything. Love will master.

CHAPTER XVII.

RICHES VS. POVERTY.

'Tis not the acres one may own,
'Tis not the gold he may possess,
But 'tis the good he does alone
That wins the price of blessedness.

I think the question of poverty is facing almost every one who has started on the road to divine understanding. The thought of poverty creates not only disease but death. There is no question but that poverty is a deadly, death-dealing thought, and we, who have waked up to the eternal truth of ourselves, must not admit it to our own consciousness, or to that of our patient.

Poverty is a disease. Why admit it any more or make of it any more, than you do of any other disease? A diseased thought expresses itself on the body, and oftentimes back of that disease is the thought of poverty and selfishness, and both are one.

We give many times because we think it our duty, not because we love to, therefore, we give it grudgingly. "God loves a cheerful giver," whether his gifts be loving words, kind acts, or money. Love must accompany every gift if we would have an increase. Let selfishness accompany the gift and it decreases. Selfishness is the root of all error, and it is so subtle that we do not perceive it oftentimes.

Many diseases have been healed by treating the patient against selfishness. A case of constipation of years' standing was healed by denying selfishness and affirming generosity; and the poverty thought can be healed by treatments against selfishness and fear, and by telling

patients that they are unselfish, generous and true to truth. Some patients wake up quickly to the thought that God is their life, health and strength, but not to the thought that God is their wealth. If He is the former, He is the latter; for the same power that gave health can give amply to supply all needs. We do not have to ask one to give of his abundance to another. Christ did not when he fed the multitude. He asked God to supply His needs, and an abundance came.

Every day we get our lessons if we would but heed them. One had asked acquaintances for help for a friend who was working her way along, slowly but surely, to a firm footing. She was refused that help, and, wondering what it could mean, as out of her storehouse she had given all she could, and there still was a lack, she went into the silence of her own soul and asked God. These words came plain and clear, "You do not ask anyone to give of his health to another; you ask God. Why do you ask of his wealth to give to another? Ask God." It was a lesson of deep import, no repetition was needed.

We go to this supreme power for ourselves always, whether it be for health or wealth. Then go to the same power for the same things, for others. "Give, and it shall be given unto you," has a far deeper meaning than the giving of money alone. It means giving forth out of your storehouse of knowledge. Tell to others what you have proven true. Give forth and give forth, and the power will increase within you an hundred fold. Take nothing short of the hundred fold power, and if you will work for that alone you will get it. Say to this subtle, selfish thought, You are one of my good subjects and must be trained. I will give forth not only of my purse but of every power; I will give forth good. I will plant

by the wayside and in the bypaths of life, though the road looks stony and bare. I will plant beside all waters. I will bless every one and everything I meet. I will give, not because I am commanded to do it, but because I love to do it. By sowing broadcast I will increase my own store of knowledge, and bring all thoughts under subjection to the I Am.

"Go ye into all the world and preach the gospel." Surely you are doing this in the stillness of your own room, in the silence of your own soul, as you speak the good to all the world; and it is one of the greatest privileges God ever gave to his children.

You are alone just when you want to be, on the street car and in the greatest crowd alone with your God, alone with the Presence that you can talk to, and that can talk to you. If you have dropped a word (seed) that has opened the understanding of one who is on a lower round of the invisible ladder that the whole world is climbing, it is surely a "word fitly spoken."

Never allow for one moment that your wisdom decreases, or that your money does, for the world is full of everything we need; and by holding the thoughts of an increase, money will flow to you from every avenue.

You can collect a debt by the power of thought, when all else has failed. Do not measure out any selfishness, any ill will, any criticism, any judgment, or anything that you do not want measured back to you. If any thought comes to you that you do not want, silence it by saying, "Shut right up!"

Catarrh and lameness can be healed by treating against selfishness and for generosity. On retiring for the night send your blessing to every one, and more especially to those whom you might have thought to have

been your enemies. Put yourself in the power of the All-Good, and your dreams will be true; and when you have reached that state where you do not dream a thing that you would not do in your waking moments, you may know that you are on the right road to the truth that makes and brings you your freedom.

Intuition is individualization. Without one you cannot have the other, for intuition is the fountain head of eternal life, where God supplies all force; and we get it unadulterated.

Concentrate, then, your mind on the power of good and do not let your good drift by you. Await the ever-present recognition of truth and the power of realization by a reliance upon yourself, which is of most vital importance.

Drummond says, "Every character has an inward spring, every action has a key note; let Christ (truth) set in."

Love is the secret of success, of power; you may have fulfilled every law but this—the law of loving—you can't get over a seeming injustice that has been done you. "I can forgive but I can't forget," both are one, if you have not forgotten you have not forgiven. I will tell you how to overcome it, lay everything to ignorance just say they do as well as they know how and later on you will find your words were true, that at the time of speaking you thought untrue, really they know not what they do, and if you know what you are doing, do right; that is for you alone to do. Now you may have overcome many conditions, many diseases and so many things in your on-going, but if you lack money; know the failure is in lack of love—therefore the lack of gold and silver. You may have thought you have overcome everything, have

forgiven and forgotten, and indeed you have tried to, but try, TRY again, love on, love much.

“Your heart will be led out to slaughter
On altars built of envy and deceit.”

You will find if you love on and are true to yourself, that is, *your* love never faileth, that you have gained friends in your enemies, and that, too, you have gained gold in your poverty. Do not look to any single person for your good, look to everyone; not to one avenue for the good to flow to you, but to every avenue. Do not say I expect it here, or I expect it there—expect it from here, and there, and everywhere, from the universal store-house of the *all good*.

Divine love is a magnet to draw your good to you; money that supplies your needs, whatever they may be. Love and plenty go together, where there is a supply of one there is also a supply of the other. This I have proven, let each one prove it for herself or himself. Prove all things, hold fast that which is your good. Be true to yourself and true riches are yours.

CHAPTER XVIII.

ANXIETY AND WORRIMENT.

"Take no anxious thought."

Worry and anxiety do not manifest on all persons in the same form. To one they will give a most severe cold, to another, neuralgia, to another, peritonitis, and so on according to the organism of the person. One never can tell what a wrong thought can do, how much suffering in mind and body it can cause. After all your worry you have succeeded only in injuring yourself.

"Take no anxious thought.' By not heeding these words you put yourself in such a condition that you do not get out of it till you have paid the "utmost farthing." Sometimes it is with going out of life; sometimes it is with years of sickness.

Woriment and anxiety cause mental drunkenness, and it is worse by far than physical drunkenness, because they who drink liquor sober up some time. Settle it with yourself. Does woriment do you any good? If not, stop it. In several years of work I have had more cases caused by these two conditions, and selfishness, than by any other.

Woriment, anxiety and selfishness are our subjects, and will rule us every time unless we take a firm stand and put them out. Say at once, I will not have you rule me. I will have peace and harmony within myself. I will not worry or be anxious about money matters —my debts, or my health. I will have peace and be free from it all.

Any who have been under mental training can keep

still on the outside, even when they think they have been insulted; but it is really the smallest part of our mental work. There is a deeper thought back of this that you have to encounter if you would command and dethrone unruly subjects. It is the seething and boiling on the inside that must be stilled. Turmoil must cease. There must be peace within before any advancement can be made. We cannot master ourselves, and certainly nothing else, when there is a volcano within ready to burst forth and destroy everything within its reach. Hold these words: Peace, peace, God is here.

Every one knows that a good general will fight his battle on the battle ground. If he runs he acknowledges defeat, and the enemy has the advantage. This is just the way with us all; if we run from one trial that seems to be in our path we will meet another one, as we turn, that looms up greater still. Face about, and do not run. Master yourself then and there, for the foes, the battle and the victory are all within yourself. Overcome, instead of being overcome by seeming difficulties.

We have had mutiny and rebellion in our camp. We have hatred and revenge in our hearts. They must be dethroned and love enthroned then peace will abide.

You will never get out of any place you are in by hating it. If you do, when another place materializes, it will only be a harder one to pull out of. The right way to come out of any situation that you do not like is to put love in it, and to do your work just as well as you can; the way will be opened by unseen forces that are ever working with you, and for you, for your freedom. Every burden, every trial, every discouragement, and every painful experience can be made a stepping stone to higher attainments if you will. If in the bitter trial

that seems hardest for you to endure, you will take the stand that only good shall come out of it, to you, you will get it; for even the universe is under obligations to return to you what you demand. You cannot judge by the appearance and call it good—all *real* is good, and your good will come if you take this stand with the calm assurance that you have the power to master. Then take all experiences that you are passing through as a part of your unfoldment, and as each one is unfolding in a different way, what would be truth to one would not be to another till he had unfolded to it.

Lay down all burdens, whatever they may be. Infinite Mind is not a burden bearer and you cannot be one with God and bear burdens. Truth will carry you through any financial problem, or anything else, if you will trust it, and wait patiently, for sometimes it takes long for the seed to root and the fruit to mature.

The worst case of peritonitis that ever came to me was caused by financial worriment. It was healed quickly by denying worry and anxiety and affirming peace and harmony. Worriment, hurt feelings and prejudice will even cause corns and bunions.

We only give these experiences to show what the power of God is, and what it can do, and will do for you if you will let it. Let every faculty be controlled by the divine Master Hand.

I give an instance where idols were worshiped unconsciously. How often selfishness predominates in our natures till we overcome it with truth! A dear friend who knew of the truth, and believed in it, would have lived it but for her family. They were bitter against it and would not allow her to speak of it. She in her selfishness (though she thought it unselfish) listened to her

husband and children more than she did to her own soul, and thus forfeited her life. To-day her family mourn her loss which was caused by their selfishness. She was their idol, too. Had she stood firm and been self-assertive and said, "I am my own master. I will not allow any one to rule my life," she would be here today.

Let there be a self-examination and without humility. We have no right to beg, but to assert that we know and have the power within, which is immeasurable and imperishable.

Concentrate yourself with one mighty effort to understand yourself. Do not try to understand any one else, or God even, for when you find yourself the rest is done. Then you have found your own fountain and are drinking from its living waters. I WILL is a liberating force.

CHAPTER XIX.

“ ALL IS FREE ” AND “ ALL IS GOOD.”

He wins the most enduring fame,
Who writes his name on honor's page,
And leaves behind a much loved name,
That is the grandest heritage.

The maxim, “ All is free and all is good,” has not the foundation of solid truth, it is not the principle from which we start work, if we would make perfect demonstrations. Only from the basic principles of truth can we get truth. This alone will bring us the right result. Saying a thing many times and hypnotizing yourself into thinking it true, will not make it true. Truth cannot be changed. From premise to result, the problem must be worked right; each figure must be placed just where it rightfully belongs; not where you think it belongs, but where you can prove it does. The foundation must be solid or the whole structure is rickety and sooner or later will fall.

The question has been asked many times why some scientists do good work for a while and then fail. They did not work from principle; if they had, they could not have failed. There is no failure there, it is in the worker alone. In our school life we go to work, pencil in hand, to do a long problem. It takes hours of hard work, and with every figure we think we are nearing the right result, but often we do not *get* it. We have not worked according to principle, hence the wrong result.

“ All is free!” There is not one thing in the universe that is free to us. We work for all we have, or we do not get it. We work to walk, eat, see, hear, breathe, think

and live. “ Faith, if it has not works, is dead, being alone.” “ I will show thee my faith by my works.” “ My Father worketh hitherto and I work.” These words plainly show that we must work to gain anything in life. The air we breathe is not free to us unless we do our part to breathe it and live. If we do not work we shall get left somewhere along the journey. The sun shines for all, but if you want the benefit of its warmth you will have to do your part to get in it, and receive it. You can breathe a little air, or receive a little of the warmth of the sun, or the greatest amount of both.

Truth itself is only free to those who lay hold upon it with vigor and determination to know it, to be it. Whatever we have in this truth, we have worked for night and day. Our faithfulness shows what plane we are on. We are developed according to our faithfulness to our work.

If we are not faithful, our work, our bodies, our circumstances show it. Actions (fruits) speak if life does not bear the right kind, it can be made to do so by constant working. From within, we master.

Christ fed the multitude. He did not go to the rich and say “ All is free,” and take their bread to feed them, or even ask for it. He did say “ the truth will make you free,” and before you can get the truth—that does make you free you must work for it.

Let no one hypnotize himself by using these words “ all is free,” and take liberty with what does not belong to him. It would make trouble and we are told “ to avoid the very appearance of evil.” Until we do avoid it, we are not living the highest.

In the same way they have used the words “ All is good ” till they have swallowed everything that has come

along, and called it good. Good does not, and cannot change. One's idea of good might be very different from another's idea of good. To each it is only man's opinion of good, not what good is, and man's opinions are widely diversified.

Emanuel Swedenborg says, "It is no proof of a man's understanding to be able to affirm whatever he pleases, but to be able to discern that what is true is true, and that what is false is false, this is the work and character of intelligence." We must be able to discern the truth for ourselves, for the soul of man is a receiver, a revealer, and an applier of truth.

Each one knows the truth from his soul, and not from another's idea. What a person wants to do and takes pleasure in doing he calls good. A man drinks, and fights and calls it good, therefore he feels justified in so doing.

Patients will go to a healer for everything, and for nothing, too, and call it good. Others go within and call that good. Christ, our teacher, did not say "All is good," but denounced hypocrisy and all other sins face to face, and in the strongest terms did He condemn all error.

By this we are not to call evil good or good evil. Separate them; they are the tares and the wheat; they grow together, but the growing together will not make the wheat tares or the tares wheat. Each will follow its own nature and forever be the same.

Some write "All is free," and charge the highest price for their book. If they did truly believe all is free they would practice it, and send out their book free or at least put the price down so that the poor could have the benefit of "all is free."

We do not speak of this condemningly, but it is very

obvious to the onlooker that there is a vast difference of opinion in regard to freedom and goodness. When we get down into the undercurrent of true thought we will see ourselves as others see us.

"The same fountain cannot send forth sweet and bitter water." Christ said, "Ye shall know them by their fruits." By no other way can you be known. Again, "Every good tree bringeth forth good fruit, but a corrupt tree bringeth forth evil fruit."

The pure essence of spirit, real goodness, is changeless and eternal.

Charles Filmore has struck the keynote; "The good is unchangeable, hence these things that appear good can not be good in the sense that God is good. They are simply man's idea of good, and so his creations will always be until he enters into that full co-partnership with God where there is no difference of opinion whatever as to the pattern after which things shall be made."

"Metaphysicians have so thoroughly trained themselves to say 'all is good,' that theygulp down all the unsavory messes of carnality and think they are in duty bound to swallow them without a grimace. We differ very radically from those who mesmerize themselves into mental torpor by continually holding the thought that all is good, and applying it indiscriminately to all that appears.

"Remember that man makes all appearance and names it good or evil according to the pleasure it gives him. God furnishes the raw material as it were, out of which these appearances are formed, and this is always good, because its pure essence cannot be polluted. If man combines the life, love, substance and intelligence of principle in such a way that discord results, let him not lay it unto God."

Here is another remark, or rather a statement, of some scientists that I wish to touch upon, "What you see in others is all within yourself." There could not be a greater falsity uttered. It is really "vicarious atonement," and that was supposed to end when science struck the world. It has been revived under an assumed name. These words have given many a soul an added burden, to tell them it is all within themselves when an unkind act has been done them or they have seen wrong in others and all have plenty of trouble without an addition. If some one does you an injury, the fault is within yourself. If some one comes to you diseased, unclean, why you are the one. If these things were true it would be "vicarious atonement," assuredly. We will again take Christ as our example, and we had better reach Him ere we undertake to make laws or lay down rules that He did not make. Was Christ a thief because He was crucified between two of them? Was He a hypocrite because He saw and denounced hypocrisy? Was He a leper because He healed leprosy? Did He fall from His high estate when they brought one that was impure to Him? A thousand times, No!

Look well to what you utter, for your words recoil upon yourself. Be warned, for the misuse of any power that is given, will recoil with misery upon the one misusing it. Do not add another burden to your already burdened heart by taking any one's wrong acts upon yourself, and condemn yourself for an injustice done you by another. Here are more idle words as well as untrue ones that will have to be rooted out and replaced by truth. Scientists say to their patients, speaking of their husbands (and meaning nothing unlawful) "He is just as much my husband as he is yours," and of their children, "They are

just as much my children as yours.” Can a true man be a husband to more than one woman? Can a true woman have more than one husband? And the children they call into expression are theirs, not yours or mine.

Take the Christ principle as the standard, and you will never fail in knowing right from wrong. We must not lose by our false words the hold upon truth, the invisible power. It must be increased by self-knowledge, preceding true statements, true affirmations, which give a clearer spiritual perception.

It is only through fearlessly abiding by what one knows that he can be true to himself or to others. The spirit of independence, our own individuality, is a priceless jewel to each. Fidelity to the principle as we see it demands and commands success. We have but a faint glimmer of what the truth will reveal to our souls if we but live up to our own light and keep it burning with the brightness of the noonday sun. . We need not be tossed on the sea of circumstances, and turned hither and thither by the waves of doubt. We are our own pilot and the same power that sent us here will guide us safely into port. Dare to fearlessly stand alone. Dare to be yourself. Dare to have an aim in life. Dare to give it forth.

CHAPTER XX.

REST.

"O, to know the worth of living,
To be earnest in the strife,
Living grandly, nobly, truly,
Making sweeter, better life."

The time is coming, and even now is, when man will think more and work less, more active with his thought and less with his body. In doing so he will not only gain in wisdom, but in wealth, using his thought the electrical current of life, far more potent because invisible. His work then will be done on the inner plane, and done without labor. He will rest in his work, rest in his own spoken word, for our best and real work is done in silent moments. Then we will not labor, only work. Christ made a distinction between the two, and it is plainly apparent to those who know the power of thought. Truth is only seen by him who is searching for it, searching within himself to find the lost, therefore unused, faculties and put them to use.

We think that we lose when we sit in the silence, the stillness; and that we have not the time to commune with our own souls, but we gain much by so doing, and it puts us on the right road for true progression. It gives us strength and we are surely being "endued with power from on high." And we are told to tarry till we receive it, power from the Father within! That is all strength, all wisdom, all peace, all love.

When love is deep and broad, it will of itself flow to the whole world, and will help the poor and strengthen the weak. If they are not up to your stage of develop-

ment, you should know they are doing the best they can, working their problem of life as they see it. Let help be given just the same, for Christ himself did not ask if any one was worthy. He fed and healed them. He said, "Whosoever shall do the will of my father which is in heaven, the same is my mother, and sister, and brother." All sprang from the same fountain—father, mother, God.

We alone have made the distinction (caste) the idol that will have to be dethroned.

If mankind thinks of a far away, outside, austere God and expects to meet Him after the change called death, and to square accounts and squeeze into that outside heaven that the same austere God presides over, his God and his heaven profit him not while here. His God is "away over there," as Moses said to the children of Israel, and will always remain over there till he realizes what Christ told us, that the "kingdom of God is within you." Our God is near, and a "very present help in time of trouble," and we can speak to this intelligence, this presence, and know that help will come while we speak.

Right here lies our power, asking and receiving at the same moment.

Say within yourself, wisdom I now have, and all that I need in life to make it grand and noble, to make it a pure example, to make it true, is mine. All things are mine that I can attract to me by the power of love. You cannot attract anything that belongs to another. Each attracts his own, and what belongs to you will gravitate to you without worry, hurry or fretting, and those whom you can help will come to you for it.

We are attuned to each other like harps, though some may be far, far in advance of others.

"Let there be light, and there was light." The word,

your word spoken by your God, "the word was with God, and the word was God."

Rest for our souls! Rest from this ceaseless toil! Rest from trouble and from strife! Rest from burden bearing! Rest from our labors! But where is this rest for which each soul is hunting? Within.

But how can the poor rest within, without shelter, food or clothes? Then is the time to find rest within; and by the power of your spoken word bring to you your needs. Let each one who stands in need, assert that he has now the God power within him to call food, shelter or clothes to him and he will do it. Son of God in the flesh, you will never starve when you know the marvelous power of your divinity. Food will come, rent will come, debts will be paid. Wake up to your latent powers and arouse your dormant forces within you, and command them by your word.

I WILL is the God element in you. Hold ever to the I WILL. Never succumb to the "I can't," and the possibilities that seemed away off and not for you will unfold and reveal themselves to your understanding, and you will know your own power, and with this power you will heal the sick and lift up the fallen without feeling contaminated by their touch, or the world's criticism.

You can be living, just existing, and not alive, and you are, when you let any one do your thinking for you. This is mental laziness which no one ought to tolerate or pity. The shame of it! A hypnotic sleep that will let you doze off your life, aimless and useless!

Mental science, or the science of life, will wake you up some day with such force and power that it is doubtful if you ever sleep again. If you should, you have not been hit hard enough, and you will get another bounce

that I do not think will let you doze off again; you will become wide awake in earnest, and not only awake, but working with every force that is yours, fully alive to your own power.

What makes a good lawyer? Practice. A good musician? Practice. A good linguist? Practice. A good scientist? Practice. The name scientist means nothing unless scientists practice what they preach. Practice by making a perfect mold and molding your model.

Man is creative; his thoughts become things expressed. His thoughts are both a solvent and a solidifier. Dissolve your own limitations that your own thought has solidified, and know that you are free. Speak out the truth today as you see it. Do not care if to-morrow you have to change all you have said, you are growing, you see truth clearer. Truth is changeless, but you are advancing. Be bold and strong for the truth as you see it, and every moment look for more. Speak it, for we have known of words spoken on the street to change the whole current of a life.

Speak it boldly to the whole world, but speak to yourself first of rest, of peace, of quietude, a spiritual repose that takes no anxious thought about anything, but rests in its own spoken word. In a state of unrest you are in no condition to cope with your own affairs of life, for turmoil within bears the same fruit outwardly. If you could understand that the restful repose of your mind will change every affair of your life and your business relations grow better. Wouldn't you do it? Try it and see.

Your children will be educated, your home paid for, your debts canceled, and the hard conditions of life would give place to happiness and joy and you would feel within yourself I am glad I live, instead of feeling life a burden.

You live moment by moment, make each one count for

your good by putting away every thought of care, trouble, anxiety, worry, but Rest, Rest from it all. Let it be the stillness of the soul, the silence of God and the work is done that troubled you. In your keeping still the spirit ever active could work. You opened the way by being care-less and closed it by being care-ful. Find the difference between the two and profit by it.

CHAPTER XXI.

LOVE IS THE FULFILLING OF THE LAW.

A godly life of noble deeds,
A life of love, of peace and prayer,
This is the life that ever succeeds
And blesses the worker everywhere.

The law of God, which is immutable, cannot be fulfilled in our lives till we love ALL,—all men, all animals, all things. Love is power. Love is strength. Love is life. Love is a messenger of light. It is a vital force and will endure when all else fails. When love fills every atom of our being we will attract, call forth love from all. Even animals will love us instead of fearing us.

If every home was filled with love there would be better fathers, better mothers and a thousand times better children. It is love that all the world is wanting. They are hungering and thirsting after love. If man loved his brother man, he would not defraud or injure him. If man loved his wife he would be true to her. If the wife loved her husband she would be faithful to him. If parents loved their children they would hold them in love; and if children loved their parents they would love to be held and feel no restraint. If man loved his sister he would never wrong her, and become a partner in a sin where SHE alone is called the guilty one. If woman loved her sister she would never wrong her in thought, word or act.

The lack of love has made the world what it is to-day, half living in luxury, the other half living in poverty.

“Love is strong as death.” “Love worketh no ill.” “Love your enemies.” “Owe no man anything but love.” If we only knew that we owed no man anything but love,

there would be no State prisons or insane asylums; there would be no need of them; there would be no murders, no hangmen, no thieves, no unholy and unlawful desires.

Love is purity, and purity of thought brings purity of action. We need more love for the whole world. And how hungry souls are for love! The master said: "If your son ask bread will ye give him a stone?" When poor souls come, almost broken-hearted with burdens "grievous to be borne," (and whoever overcame burdens but thought theirs were the hardest?) do not tell them, "you have what you deserve; you sowed it." Take them in your strong arms of love. Love them back to health and peace. Tell them how to cultivate love, to be love.

Love is the "chief corner stone." It sweeps everything out of its way. Nothing can stand before it. It is the holy fire, burning on the altar of truth, consuming all error and leaving us purified by the white light of understanding. Truly it is master of all.

We can cultivate love by loving, by thinking love to every one we meet. This will call forth love in return. To say, "I love you," to all will cost you an effort, having lived in the thought of enemies so long, but it will change them into friends, and is worth trying.

"The wise men ask what language did Christ speak
They cavil, argue, search and little prove.
O sages, leave your Syriac and your Greek,
Each heart contains the knowledge that you seek.
Christ spoke the universal language, love."

The world has made the mistake and calls it by another name.

Love is divine, is holy, and true to its love. There is a marked difference between "falling in love" and loving. If a man "falls in love" he will sacrifice her whom he

thinks he loves for himself, but if he truly loves he will sacrifice himself for her.

When we are filled and thrilled with love no one can work us an injury. Love is a protecting power, and the wrong that was intended for us, will fall powerless by our side.

Hurt feelings, when we think some one has done us a wrong, will cause the body to contract, and feel withered within; but if the injury comes when you are filled with love your body will broaden out, expand, and you will actually seem to grow. Nothing moves you. Man is crowned king, and his first conquest is over himself. Then life will not be a hurry and bustle, and a striving to see how much you can gain ; but rather how much you can do, how well you can live. Make your life grand and successful by setting your mark for the highest and being true to yourself.

“ Some feet will tread all heights now unattained.
Why not thine own? Press on, achieve, achieve ! ”

“ Keep my sayings,” Christ said. Identify them with yourself by use until you become one with them, and many things will be revealed to you that you thought were hidden, and only known to adepts, mystics or advanced teachers. You have the same truth that all have had to work with, and the very desire and earnestness that you have shown proves it is for you.

You are one with the Infinite. Think of what we are, and what we might be if we would see ourselves in the light of truth, divine, deathless, immortal! When we consider now, the great forever, we will work to this end, and not for some far away future existence. If it has been an endless past, it must be an endless future, and all things will unfold to you as fast as you are ready to re-

ceive them, for the spirit of truth teaches us all things. It will bring all things to our remembrance and light up the pathway in our ongoing step by step. If we but take that step with firmness, holding to the words, I KNOW, the next will be shown us. Assert your divinity, and, true to the law of your being, all things shall be revealed to you.

By training yourself and believing your own words you can prove all things for yourself, the only proof you can have. When you understand that *everything* has life you will speak to that life which is intelligent or it would not be life. You will not abuse a machine because it will not run good, or a fire because it will not burn quickly, or a hundred other things that you do, every day blaming everything because it does not go right when it is yourself that don't go right. Everything follows your example and goes right when you do, freedom from within brings freedom from without. How many times have you condemned some parts of your body such as "My old head," "my lungs are no account," "my miserable liver it don't act at all." I am sure I do not see how they should after your condemnation of them.

Now, suppose you change around and *bless* every part of your body, bless everything you eat, everything you touch, bless everything you come in contact with and see what a difference it makes in your life.

Blessings unfold you and build your character, and when you see a truly gigantic and noble nature, you will hear only blessings and praise, blessings beget blessings, love begets love, and goodness only receives goodness, like attracting, producing, begetting and receiving the same. Then speak good, and the good will respond. Bring out your love power, the God power of yourself, and behold

what a power you have when you live in unity with the creation and Creator of the universe. "Mark the perfect man and behold the upright for the end of *that* man is peace."

Speak *peace* to yourself, to animals, insects and to everything in the universe, your own will return and also accomplish that where unto you sent it. Love much. Look for the kingdom of heaven where Christ told you, and regulate it there, and the outside world will take on the harmony of the inside universe.

CHAPTER XXII.

THE SEX QUESTION.

What a piece of work is man! how noble in reason! how infinite in faculty! in form or moving how express and admirable! in action how like an angel! in apprehension how like a God!—Shakespeare.

As the sex question has received so much attention by well-known authors, the consideration which it receives here will be but brief. All are helping to point the way to settle this question, but it will only be settled permanently when each one settles it for himself, within his own soul; and when he settles it THERE there will be no demanding and the supply will cease to be. Then the white light of purity will present itself with an overshadowing presence.

Love, which is a powerful subject, the greatest power in all of our kingdom, has been perverted into lust. It has spent its force in riotous living till the world has been drawn into a whirlpool of vice, misery and degredation. The innocent have suffered with the guilty. We are so closely connected with our fellow man that any thought we hold, either for good or bad, affects the whole world, either elevating it or pushing it downward to the depths of hell. You cannot wrong yourself without wronging another, neither can you wrong another without wronging yourself. Be wise and lift yourself out of this dark pit, for it is the darkest pit the world has to contend with and it leads to moral blight which is *death*.

Children have a God-given right to be born right, not to be born under mistakes or accidents, or under pre-natal influences that will show forth later in crime. Is it right

that they should suffer punishment for what was entailed upon them ere they saw the light of day? Let them be brought into existence by love alone, love that wants them and calls them here to love. Then we shall not need state prisons or reform schools. The reform will come in the parents where it should ever come. Here again is where the innocent suffer with the guilty. The husband calls for purity in a wife; let him bring purity to her. He calls for faithfulness; let him bring faithfulness to her. Whatever one calls for in another, *let him give*. Let the same code of morals exist for man as for woman, and they will restrain themselves and turn this mighty force into a higher life. This perverted power that has sat enthroned for ages will be dethroned and right will rule.

A true marriage is something higher and holier than the world sees it to-day. The minister pronouncing the marriage formula will not make it a true marriage. The God-given, divine law of purity, chastity, is not to be set aside by a minister. Though he pronounces his benedictions he cannot legalize indulgences that are unholy, unrighteous, though it be in a lawful marriage. Let each one be honest with the other before marriage. Tell each other your views, aims and objects in life. See if you agree. See if you understand each other. See if you are willing to live for each other, and work together in a life of love. It would save a misunderstanding and a divorce later. In a holy marriage children are begotten in love that says "not that I have to, but that I will." Then they are welcome to your arms and the Christ child is born.

A mutual understanding before marriage would bring a co-operation, a divine life that calls for the highest and holiest, no unholy desires, for our thoughts would be disciplined and kept pure. Then we would hold our bodies

as sacred, every organ, every power as a holy trust from God alone, and not waste our life forces, either within or without the marriage bond.

We should be self-assertive, resolute, positive, and make every power subservient to the Christ truth which will ever guide us if we will commit every power, every thought to it.

Self training is positively a necessity. All are our subjects and we can rule them if we will, not by condemning any part of our bodies, but by teaching it the right way. We never should be ashamed, or condemn, or think wrongly of our creative energy or force, but hold every function of the body as a sacred trust from the Supreme Giver of all gifts.

If it is wrong to condemn the eye for seeing, or the ear for hearing, then it is most assuredly wrong to condemn any other power; if one is God-given all are. Every power should be alive with the life of God, and we should show forth a well rounded healthy body in every part. You can dethrone the idol lust, by being true to your higher self. Then marriage will become holy, pure, and not in name only, but in truth.

“One sprung from light, and one from darkness grew.
How dim the vision that confounds the two.”

The world is longing for something it has not found, for the soul is ever yearning for something higher, something beyond; even the promised land which lies within our consciousness, where the fountain sends forth pure, spotless waters of life that flow ceaselessly onward to meet the sea of infinite love.

My brother, think on, work on, and do not be discouraged if at times you slip and fall, and it seems that you

are mastered, instead of being the master. Rise to your feet, count not your fall; it is past. Assert your manhood, your God-hood, and you will win and bless the day you started to overcome a perverted power that has led you into many bypaths of sin.

"Trust in thine own untried capacity, as thou wouldst trust in God himself."

Fathers, mothers, tell your children what they ought to know at an early age. Do not let any one else do what God has given you to do by giving you the children. Plant the right seed before the enemy can plant the wrong. Tell them the truth of their being; answer their questions truthfully, and they will ever go to you for light. You will save them, and yourself, many a heart pang if you do. Do not teach one thing to the boy, another to the girl; teach them the same. If a thing is wrong for one, it is wrong for the other. Tell them why. Be true to them and to yourself.

Do not try to hide behind these words "they are too young," as many do, no one can be too young to be told the truth. It is because you do not speak the truth to your children and hide it from them that the greatest wrong is done them. Your own girls have suffered untold misery for not being told what they ought to know, what was their right to know, boys as well. Better speak the truth at once, and teach them the knowledge that belongs to them by their divine right of living and by your divine right of calling them here.

You have no right to call children here, unless you give them the true teachings of divine motherhood and fatherhood. Do not be surprised if you tell an untruth to your children that they return it to you. A new life is unfolding to them, let it unfold in an atmosphere of truthfulness

and love. I know of pure, sweet, dear blessed mothers who talk to their boys and girls as they would to a sister, and those same boys and girls are going to make true fathers and true mothers. True reformation must exist in the parents ere the children can take their stand in a life of purity, *like produces like*. No ideal can be too high for a true woman or a true man.

Woman's true liberation and advancement are in her own hands to-day; let her use her stronghold of purity and she lifts mankind up to her standard, to heights of dignity and purity that in no other way can they be reached. Stamp purity in your soul and call for the *same stamp in man*. Give purity and love to him *receive nothing less from him*, and the ideal marriage consummated on this plane will revolutionize the world. Your secret idea of true womanhood, motherhood, gives birth to the unfolding idea within you, it is conceived and nourished and receives from you moral, mental and spiritual training thereby making and molding the future race, the elevation of humanity. When woman takes this stand; man knows that the wife he wants depends *wholly upon himself*. Restraining himself and bringing forth grander and greater possibilities that are his, being true to himself, he will dive into the depth of his true manliness, his own divine nature and bring to the surface the same purity he calls for from the mother of his children, not "that the father's have eaten sour grapes and the children's teeth have been set on edge," but rather that the fathers have disciplined themselves and the children have partaken of the same thought. Let the wise read between the lines, and let each be true to themselves. Be patient, persistent and positive. You will win.

THE END.

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